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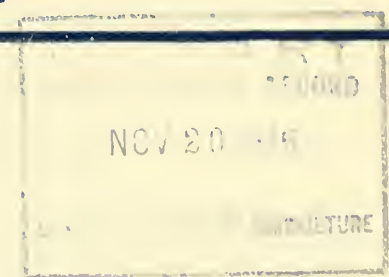
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DALLAS, TEXAS  
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No. 40

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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## U. S. Department of Agriculture

Information Service  
Production and Marketing Administration

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## SOUP'S ON

This is the time of year when we begin to think more about including soup in our meal plans...not only that soup of the evening, mentioned in "Alice in Wonderland", but soup at lunchtime too.

### Something to sing about...

You probably remember that the song went on:

"Beautiful soup, so rich and green,

Waiting in a hot tureen.

Who for such dainties would not stoop?

Soup of the evening, beautiful soup!"



While this rhapsody evidently concerns pea soup, it's just as easy to be enthusiastic about tomato soup, rosy and red...or corn soup, golden and glowing...or potato soup, creamy and satisfying.

### Onion special...

And since the onion crop's a generous one this year, you might well suggest to your listeners the deliciousness of onion soup...either the tasty brown French variety or cream of onion soup.

And don't overlook vegetable soup, which can be almost a meal in itself...what with potatoes, turnips, carrots, tomatoes, onions, celery, and green peppers. A bowlful of this can form the first course at dinner, or provide the piece-de-resistance at luncheon, and will be equally popular with both oldsters and youngsters.

### Fish, too...

And since we've mentioned fish elsewhere in RADIO ROUND-UP this week, we're reminded to suggest to you that fish chowder is very much in order these days. Oyster stew also is a great favorite with many people throughout the fall and winter months.

### Typically American...

We've heard there's a contest going on to determine America's favorite soup...the one variety that can be called typical. After all, there's the onion soup of France, the bird's nest of China, Italy's minestrone, Russian Borsch, the famous oxtail soup of England, and so on. Whatever soup is chosen by the jury of experts, we know Americans always will answer with enthusiasm the call...  
"Soup's on!"

### DRIED PEACHES

Now that cool weather is coming, you'll see more dried fruit at your grocery stores. Total production is expected to be about the same as last year. Increases have been made in the output of dried peaches, apricots, and figs. The production of dried pears is the same as last year, and the amounts of raisins, prunes and apples will be lower.

#### Mostly for civilians...

With the exception of apples, peaches are the only dried fruit that will be lower in price than last year. There are nearly 50 million pounds of dried peaches...mostly freestone type...ready for retail distribution. This is a 4 million pound increase over 1945.

Because military and government requirements are low this year, most of the production will be for use in this country.

### FRUIT-FUL IDEAS

The clever cook can perform a bit of magic with dried fruits..or at least it looks like magic, when you see the change from their dry, wrinkled appearance to the tempting hot dish, or the delicious fruit dessert.

USDA's food specialists tell us that weight for weight, dried fruits outshine fresh fruits in minerals and most other food values. There's less water and more substance...sugar for energy...vitamins...and minerals, too. Dried fruits of all kinds...prunes, raisins, apples, peaches and apricots...combine well with many other foods.

#### At any meal...

Here are some suggestions for using them:

Dried fruits make an excellent sauce.

Dried fruits add flavor and sweetness to cereals, and can be used in this way as a breakfast food, a supper dish, or a pudding.

Dried fruit and bread crumbs or cooked cereal combine in a stuffing that dresses up the cheapest cut of meat.

Dried fruits can be combined with vegetables or meat in a scalloped dish.

Plain bread, muffins and cookies become something extra special when dried fruits are mixed into the batter or dough.

Dried fruits make a wholesome candy. One or several kinds can be ground, mixed with peanut butter or finely chopped nuts, and rolled into little balls.

Keep covered...

Remember that dried fruits should be closely covered to keep out dust and insects. Protected in this way, they'll keep a long time on the pantry shelf, ready for use.

FISH PLATTER

One of the plentiful foods for October is fish. Storage holdings of this important protein food totaled 152 million pounds on September 1...an all-time high for this time of year, and 43 million pounds above the amount in storage on the same date in 1945.

Storage space full...

Our principal varieties of food fish are caught in volume during the months July through October. The point to make at this time is that we will not be able to use the maximum catch this season unless storage space at major producing centers is available. At present practically all facilities for freezing and storing fish are at capacity level. Therefore, greater use by consumers will help to move stocks.



Most of the frozen fish in storage is in fillet form. Fillets are the meaty sides cut from the fish, and the varieties most plentiful now are rosefish, cod, haddock and whiting.

Fish steaks, too...

Halibut is also in good supply. Halibut...and salmon...are usually sold in steak form...that is, in cross-section cuts from large fish. Sablefish and mackerel are available in round or dressed style. Fish sold as caught are known as "whole" or "round" fish. Dressed fish have had entrails, head, tail, and usually the fins removed.

From December until April, when the new fishing season starts, withdrawals from storage will exceed production. So purchases now have a two-fold angle... more protein food at a time when meat is limited and the making of storage space available for stocks we can draw on during the winter months.

FISH FOR DINNER

It's good news we're giving you this week regarding the generous fish supply... (see story FISH PLATTER above)...because fish is fine for the main course at dinner any day in the week. It needn't be restricted to Friday. In all probability, however, your listeners will be glad to have suggestions about cooking fish.

In a good many families, not much imagination is used in preparing fish...too often it's fried, and that's that. And right now, while we're trying to conserve fats and oils, we'll do well to give consideration to all the other methods of cooking fish.



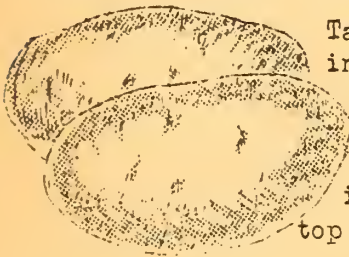
### Vary the method...

Baking, broiling and steaming give delicious results, as you doubtless know. A whole fish, baked, with a flavorful stuffing, looks and tastes so good that it can be served without any apologies.

When it comes to using up the left-overs, there are various creamed and scalloped dishes, curried fish, and fish salads, plain or jellied. These are just a few suggestions...your menu files doubtless contain many more.

### POTATOES PLUS

Here's an idea for making the most of some of those plentiful potatoes... specifically the baking variety we're seeing around more and more.



Take the giant-size bakers...after they're done, cut them in half lengthwise, and scoop out the inside. Mash, add some fat and seasonings, and stir in some hot milk. Beat until fluffy and smooth. Then, if you have a little chopped left-over meat, or chopped luncheon meat, fold this in, and stuff the mixture back into the shells. Brush the top with melted fat and brown in a hot oven.

### Stretches the meat supply...

The same procedure can be followed with flaked fish, or with grated cheese, to add both flavor and food value. Potatoes prepared in this way can be used as the main course at luncheon or a simple dinner.

### FAO COMMISSION

A little news has arrived from the USDA people who attended the FAO conference in Copenhagen during the first two weeks of September. One important development was the establishment of a commission to study Sir John Orr's proposed World Food Board. This Board, as you doubtless remember, would be designed to protect farm prices and improve nutrition on a worldwide basis.

The commission, including representatives of 16 countries, will meet in Washington sometime this fall. A seventeenth country, Siam, will sit in on consideration of rice matters. Argentina and Russia also have been invited to take part in the work of the commission, although they're not members of FAO.

### Definition of FAO...

Incidentally, here's a good description of FAO...from one of the delegates to the conference, L. A. Wheeler, Director of USDA's Office of Foreign Agricultural Relations. Mr. Wheeler said:

"FAO is the Department of Agriculture of United Nations... somewhat comparable to the U. S. Department of Agriculture's role in the U. S. government."

## THAT SAVING STITCH

Readymade clothes haven't returned to prewar standards as yet, either in materials or in workmanship, but there's one way in which the consumer can help to improve the situation. By making a careful check of all garments...and also of household textiles...before they're worn or used, and taking a stitch here and there, she can often save many more stitches in patching and and darning later on. Here are some of the points to check:



### Stitching...

Rip out and restitch any broken, knotty, drawn or crooked stitching.

### Seams...

Narrow seams may need to be stitched a little deeper to make them hold. If the material is fraying not too badly, simple overcasting of the raw edges will make a seam secure. If it frays readily, however, it's better to run a row of machine stitching near the out edges. A double row of stitching will help to keep unfinished seams from stretching and fraying, one row an eighth of an inch or so inside the other.

### Hems...

Hems, which are usually loosely sewed in ready-made dresses, should be rehemmed with secure stitches and strong thread.

With needle and thread, stay the ends of hems on sheets, towels, pillowcases, where stitching is clipped off even with the cloth. Machine stitch or overhand open ends of hems on sheets and bath towels.

### Dangling threads...

Pull these through to the inside and tie securely. If they're long enough, run them through a needle and fasten with a few stitches...or pull inside a hem or fold.

### Bindings...

To save a big mending job later, make sure all bindings are secure. If binding is sewed too close to the edge, rip it, move in a little deeper, then restitch.

### Lock-stitched edges...

Lock-stitched edges on terry towels and other loosely woven textiles should be strengthened with a row or two of machine stitching. If the material is thin and the edge wide enough, turn the material under once before stitching.

### Plackets...

Plackets often need strengthening, because of the strain they must stand. Put in extra stitches at the end of the placket, or sew tape stays across the ends on the underside.



### Pocket corners...

Strengthen pockets at the corners to keep them from tearing. For pockets on a blouse, a second row of stitching usually is enough. Dress and apron pockets must be more sturdy. Lay a piece of tape on the underside in line with the pocket top. Stitch it in with the corners.

### Stretchy edges...

Neck lines, collars, plackets, and pockets not cut on the straight of the goods sometimes stretch, then tear. Stay these places by sewing tape on the underside of the outer edges. Or rip open the facing, sew tape next to the edge, and restitch facing.

### Fastenings...

Rework raveled or weak buttonholes with a buttonhole or blanket stitch. If the buttonhole is completely raveled, machine stitch close to the cut edge of the hole. Then work the buttonhole by hand.

Loose buttons should be sewed with a strong thread. Leave a shank of thread so the buttonhole can slip under the button without straining the cloth.

Snap or hooks and eyes should be sewed neatly and securely. Use strong but not heavy thread that matches the material.

## WHY THE FATS AND OILS SHORTAGE

There's nothing very cheerful about this situation, looking at it from a world-wide standpoint. Maybe you'll understand better the necessity for continuing to stress conservation and fat salvage if you know some of the facts.

### On the dark side...

USDA's Office of Foreign Agricultural Relations tells us that the world output of fats and oils may not reach the 1935-39 level for three years or more. The reason why: Political unrest may delay the restoration of normal production of Manchurian soybeans and Sumatran palm oil.

The output of whale oil may never reach prewar figures. To guard against depletion of the whales, an international agreement has been made which limits the production of whale oil to about one-half the 1938 level.



Several producing areas, such as India, may keep a larger proportion of their domestic production of oil for their own use.

### A few favorable factors...

On the other hand, expansion of sunflower seed production in Argentina is expected to continue. During the war, sunflower seed oil came into use in several countries formerly not well acquainted with it. It's a desirable edible oil, comparing favorably

with cottonseed and peanut oil. In the past 10 years, it's become an important crop in Argentina...the 1946 acreage was the largest ever reported for that country.

When it comes to lard and soybeans, the output in the United States probably will remain above the 1935-39 level for sometime. Also, several countries will subsidize domestic production of fats and oils, so they won't have to import so much. And, of course, the import demand of some countries may be restricted by lack of purchasing power.

#### Demand exceeds supply...

Total exports from principal producing countries are estimated at close to 3 million short tons for 1946. The 1935-39 average was about  $6\frac{1}{2}$  million short tons. The world's import requirements for this year are about double the supply available for export. In Europe alone, the demand exceeds that of prewar years for several reasons...among them the reduced oilseed production in the Balkan countries and the small 1945 Mediterranean olive harvest.

The International Emergency Food Council (formerly the Combined Food Board) is attempting to arrange a fair distribution of export supplies of fats and oils. By means of allocations, they're trying to prevent severe competition among the importing countries. Otherwise, with the world-wide shortage, the countries best able to arrange purchases could obtain the bulk of the available supplies.

#### HOPE FOR MORE HONEY

Decontrol is the news about honey...and now that price ceilings are off, the homemaker soon will find more honey in the stores. You see, while there were price ceilings, the honey producers (and we mean the bee-keeper...not the bee!) found he could make more money by selling to his friends and neighbors, rather than to the wholesaler. And that's what's been happening to the honey, to a great extent.

#### 1946 Crop is down...

If we may mix a metaphor, let us say that one fly in the ointment is this...the 1946 crop is considerably smaller than last year's 233 million pounds. The weather is partly responsible...bees are allergic to cold and rain, and it seems there was a lot of this to contend with. Also, the population of many bee colonies was depleted by some of the new and deadly insect sprays.

However, beekeepers have been asked to raise more bees next year...6 percent more, in fact. This in turn will mean more honey...a definite help in these times when sugar is short.

#### BEST BUYS IN FRESH FRUITS AND VEGETABLES

Production and Marketing Administration's survey of best fresh food buys this week shows a rapid rise in popularity of apples and sweet potatoes. Tomatoes are a good buy too, and cabbage is plentiful at reasonable cost. However, the best buy of all is Irish potatoes, listed at every key market in the seven-state southwest area. Onions also remain abundant and at reasonable prices.



## "Best buys" at key markets...

ARKANSAS:	<u>Little Rock</u> .....cauliflower, onions, Irish potatoes, lettuce, apples
	<u>Pine Bluff</u> .....onions, greens, Irish potatoes, oranges
COLORADO:	<u>Denver</u> .....apples, cabbage, carrots, cauliflower, celery, eggplant, onions, Irish potatoes, acorn squash
KANSAS:	<u>Manhattan</u> .....apples, oranges, lettuce, cabbage, Irish potatoes, carrots
MISSOURI:	<u>Kansas City</u> .....spinach, mustard, eggplant, squash, beets, pears, turnips, onions, honeydew melons, apples
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, sweet potatoes, onions, lettuce, apples
	<u>New Orleans</u> .....tomatoes, bulk apples, onions, Irish potatoes
	<u>Shreveport</u> .....tomatoes, cabbage, carrots, onions, yams, greens, Irish potatoes
NEW MEXICO:	<u>Gallup</u> .....Irish potatoes, apples
	<u>Santa Rosa</u> .....tomatoes, onions, cabbage, Irish potatoes, apples, pears
OKLAHOMA:	<u>Ada</u> .....lettuce, sweet potatoes, apples, grapes, Irish potatoes, cabbage, bananas, tomatoes, onions, spinach, garden peas
	<u>Ardmore</u> .....apples, Irish potatoes, onions, sweet potatoes, tomatoes, lettuce, apples, bananas
	<u>Enid</u> .....carrots, cabbage, turnips, beets, lettuce, pears, apples, Irish potatoes, celery, sweet potatoes, oranges, cauliflower, tomatoes
	<u>Lawton</u> .....apples, oranges, lemons, plums, grapes, lettuce, late melons, Irish potatoes, sweet potatoes, squash, beets, celery
	<u>Oklahoma City</u> ...apples, bananas, cabbage, grapefruit, grapes, Irish potatoes, sweet potatoes, tomatoes
	<u>Tulsa</u> .....Irish potatoes, onions, carrots, cauliflower, lettuce, tomatoes, celery, oranges, apples, grapes, lemons
TEXAS:	<u>Amarillo</u> .....Irish potatoes, onions, sweet potatoes, cabbage, bell peppers, celery, apples
	<u>Austin</u> .....Irish potatoes, onions, sweet potatoes, oranges, apples, carrots, grapes, cabbage
	<u>Dallas</u> .....onions, cabbage, tomatoes, apples, greens, Irish potatoes, sweet potatoes
	<u>Fort Worth</u> .....cabbage, onions, Irish potatoes, tomatoes, bulk apples, rutabagas, sweet potatoes
	<u>Houston</u> .....Irish potatoes, sweet potatoes, cabbage, carrots, onions, okra, peas, pears

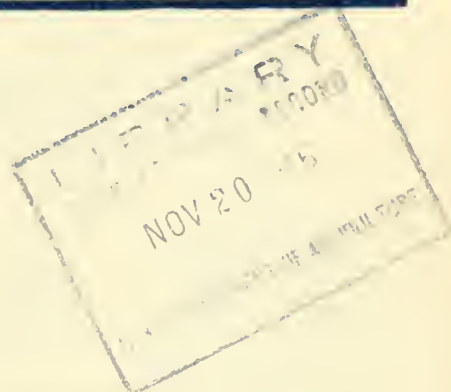
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BY  
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## THE NEW BASIC SEVEN

The Basic Seven food guide, postwar version, has just been issued by USDA's Bureau of Human Nutrition and Home Economics. All of you doubtless made use of the Basic Seven chart which was published during the war as a nutrition guide. Seven groups of food were shown on this chart, and the recommendation was made that some of each be included in the daily diet. Now, however, quantities are suggested, and that's what makes this edition of the Basic Seven news.

Here's a brief resume of the seven food groups, their food values, and the number of servings of each suggested. This quantity is the minimum, by the way, and should be specified as such when you're talking about it.



### Leafy, green and yellow vegetables...

Rich in vitamin A and iron; provide worthwhile amounts of B vitamin riboflavin, and some calcium. Many foods in the group furnish vitamin C when they're eaten raw. The root and seed vegetables also add considerable calories to the diet. Suggested quantity: One or more servings daily.

### Citrus fruits, tomatoes, raw cabbage...

Main sources of vitamin C, although a few other fresh fruits are also rich in this vitamin. Certain vegetables, if eaten raw in large enough quantities, also provide C. Suggested quantity: One or more servings daily.



### Potatoes and other fruits and vegetables...

This group is an aid to good diet in a number of ways...it provides vitamins, minerals and calories. A wide variety should be chosen. Suggested quantity: Two or more servings daily.

### Milk, cheese, ice cream...

Leading sources of calcium and riboflavin. They also provide high quality protein, vitamin A, and some of all the other known vitamins and minerals the body needs. Suggested quantities: Three to four cups of milk daily for children...two or more cups for adults.



### Meat, poultry, fish, eggs, dried beans, peas...

These are valuable protein foods. They also provide important B vitamins, iron, and good amounts of calories, although different foods in the group vary considerably in these food values. Suggested quantity: One to two servings daily.

### Bread, flour, cereals, whole-grain or enriched...

These supply the B vitamins, thiamine and niacin, and iron. They also contribute some protein, and are the least expensive source of calories. Some should be eaten every day.





### Butter and fortified margarine...

These fats are rich in vitamin A...and, like all fats, furnish many calories per serving. Some should be used daily.

When it comes to foods not included in the Basic Seven groups, if they are used, it should be in addition to, not in place of, the Basic Seven. They're chiefly useful for the calories they provide.

"National Food Guide", a booklet explaining the Basic Seven, and a colored wall chart illustrating it in simple graphic form, are being printed. Copies of each will be mailed to you as soon as possible.

### SPICE COMEBACK

Only three spices are yet under allocation...that is, there is some control of their distribution by the U. S. Department of Agriculture...because they are in short supply. Those three are pepper, nutmeg and mace. But even for these the pre-war sources are gradually opening up, and our imports are on the increase.

#### The pepper situation...

During the war, practically no pepper was received in this country and we had to dole out inventory stocks very carefully. Just recently we could arrange for imports from the Netherlands East Indies, Malaya and even some from Indo-China and Siam.

Supplies of pepper in these countries are not under world allocation, and it's just a matter of arranging for purchases and getting the shipments to this country. Pepper from India is under allocation control of the International Emergency Food Council.

#### Other spices...

Our only source of nutmeg and mace during the war was the British West Indies. Now the Netherlands East Indies are coming back into the supply picture, so nutmeg and mace...the latter is a parasitic growth on the nutmeg tree...will also be easier to obtain.

As for cinnamon, cloves, ginger, allspice...and the host of other spices that are called upon to liven up food dishes...there is no limitation on use other than the one the cook will exercise.

### SCHOOL LUNCHES FOR ALL

The good news about the national school lunch program is that agreements now have been signed by the Department of Agriculture and all of the 48 states, the District of Columbia, and the territories.

It's estimated that at least 8 million school children will get school lunches under this cooperative program during the school year 1946-47. These children are attending more than 46,000 public and non-profit private schools. As you know, this will be the first year of operation under the permanent school lunch legislation, signed by the President last June 4th.



### A cooperative project...

Commenting on the fact that all states and territories will participate this year, Secretary of Agriculture Anderson pointed out that the National School Lunch Act outlines a broad policy of assisting the states to see that children get adequate and nutritious lunches, and that it also recognizes the basic principle of improving farm income by providing wider outlets for farm production.

The Secretary went on to say:

"We in the Department of Agriculture are gratified that the program will be truly national in scope, even in this first year under the new legislation. The basic framework for operations has been established. It is now up to the states and local communities to provide the understanding and support which will develop the program's full potentialities."



### Expansion expected...

The Secretary also quoted the statement made by President Truman at the time he signed the Act, which was as follows:

"In the long view, no nation is any healthier than its children or any more prosperous than its farmers; and in the National School Lunch Act, the Congress has contributed immeasurably both to the welfare of our farmers and the health of our children."

Incidentally, since the funds available for this school year already have been allocated, and even more schools have expressed a desire to take part in the program, USDA officials expect a demand for expansion of coverage in the future.

### SUMMARY OF FAO CONFERENCE

Here's a brief summary of the actions of the FAO conference, held in Copenhagen, Denmark, September 2 to 13...in case you haven't already seen one:

(1)...The Conference created a preparatory commission to develop concrete recommendations for an intergovernment program designed to prevent both shortages and surpluses of food and other agricultural products. We mentioned this in last week's RADIO ROUND-UP, pointing out that the commission will consider Sir John Orr's proposal for a World Food Board.

### Long-range program recommended...

(2)...Five new member countries were admitted...Ireland, Italy, Portugal, Switzerland, and Hungary. This brings total FAO membership up to 47.

(3)...The Conference approved the preliminary report of the FAO mission for Greece. This was the first such enterprise of FAO, in which a group of experts made a broad study of the agriculture and fisheries of Greece, and recommended the outlines of a long-range program. The Conference also considered the reports of six newly created standing advisory committees...the joint committee on

Agricultural Science and Agricultural Production, and the committees on Economics and Marketing, Statistics, Fisheries, Forestry, and Nutrition.

Conservation emphasized...

(4)...The recommendations of the special meeting in Washington last May, calling for continued controls and economies in the use of grains and other basic foods in short supply, were reaffirmed. The Conference also endorsed a resolution of the UNRRA council bringing out the need for special action to finance food imports by nations which have been receiving aid from UNRRA.

In emphasizing long-range problems, the Conference remained fully aware that the postwar period of emergency food shortage is by no means ended, and that for the next few months the problem will be to produce as much food as possible, and to get it to the people who need it most.

Bread grains needed...

While harvests have been unexpectedly good and have somewhat improved the food outlook since last May, the Conference pointed out that there's likely to be a gap of about 8 million tons of bread grain between needs of deficit countries and the supplies likely to be available for export.

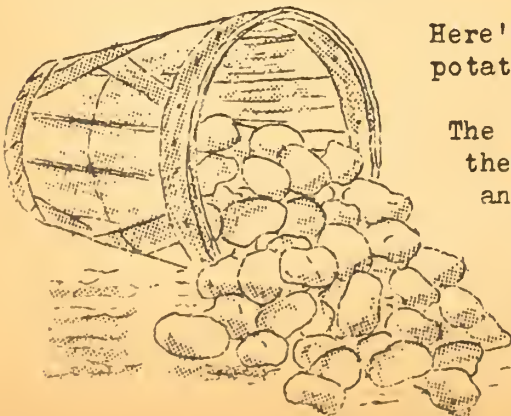
(5)...Important actions concerning FAO organization included approval of a draft working agreement with the United Nations...(which still has to go before the next UN general assembly)...and creation of a Finance subcommittee of the FAO Executive Committee.

STORE THOSE SPUDS

As we told you a few weeks ago (RADIO ROUND-UP 9/13/46)...the potato crop this year is tremendous. We'll be giving you general information about potatoes and suggestions for their use right along now, because the problem of using them up is a considerable one.

For winter meals...

To avoid unnecessary waste, people should be encouraged to eat more of them, and to store more of them at home. The quality is high, and they'll be on the market in large quantities during early November. However, these potatoes must be stored or moved rapidly into consumer channels to prevent freezing. You can help by mentioning potatoes in your broadcasts frequently, and by making suggestions regarding selection and use.



Here's what USDA's food specialists have to say about potato storage.

The late crop potatoes are the best for storing. Sort them carefully, taking out those that are decayed, and reserve any that are bruised or cracked to use up first.

Cool and dark...

Keep potatoes cool but not cold...don't let them freeze. The ideal storage temperatures are



between 40 and 60 degrees Fahrenheit. Stored at a temperature below 40 degrees, potatoes may acquire a sweetish taste. Some of the starch turns to sugar, you see. The flavor can sometimes be restored by putting the potatoes in a warmer place for a week before using.

The storage place should be dark, as light gives potatoes green spots that are harmful to eat. These can be cut off, and the rest of the potato eaten, but it's wasteful. Therefore, stored potatoes should be carefully covered with cloth or paper.

#### If they sprout...

As regards sprouted potatoes...these can be eaten if they're peeled. The sprouts never should never be eaten, however, as they contain the same harmful substance that's in the green spots.

### RIPENING RESEARCH RE: CANTALOUPS

While we were cantaloup-shopping this summer...trying to remember all the rules for picking out a good, ripe melon...the research people of USDA were conducting tests with the object of giving us riper cantaloups in the future.

#### Top-icing saves flavor...

It wasn't a new variety of melon they were looking for, but a new method of shipping...one which would make it possible to leave the melon on the vine longer, so that it would get riper. Cantaloups reach their highest peak of flavor when they're left on the vine to ripen, but if they're too far advanced when they get to market, they're almost a complete loss. It's common practice, therefore, for shippers to pick melons when they're green or immature.

Top-icing seems to be the answer to the problem. In the trial which has just been reported by USDA's Production and Marketing Administration, ten thousand pounds of ground ice...often called snow ice... were blown in on top of the loaded crates of cantaloup.

#### A 1947 benefit...

In the past, the melons have traveled in cars which had ice in the ice compartments, and which might or might not have a fan to circulate the cool air in the car. Top-icing, however, was superior to all other methods tried in cooling the cantaloup and bringing them down to a good shipping temperature quickly.

The cantaloup season's just about over for this year, but probably by 1947 consumers will reap the benefit of this research in the form of luscious, ripe cantaloup...just right for eating when they're brought home from the fruit store.

### BEST BUYS IN FRESH FRUITS AND VEGETABLES

This week's best fresh food buys in the seven-state southwest area include Irish and sweet potatoes, onions, apples and cabbage, according to USDA's Production and Marketing Administration.

Salad ingredients continue plentiful with low-cost lettuce and celery among the best selections. Tomatoes are in good supply for this time of the year, but

prices are rather high. Carrots and green peppers are a fair choice. Locally produced turnips, turnip greens and mustard are very good buys at several markets.

## "Best buys" at key markets...

ARKANSAS: Jonesboro.....Irish potatoes, corn, cabbage, apples, onions

Little Rock.....lettuce, Irish potatoes, apples, onions

Pine Bluff.....apples, turnips and greens, lettuce, onions

COLORADO: Denver.....apples, celery, cabbage, carrots, onions, Irish potatoes, sweet potatoes, Acorn and Hubbard squash, lettuce

KANSAS: Manhattan.....onions, potatoes, apples, grapes, carrots,  
cauliflower, cabbage, turnips

MISSOURI:        Kansas City.....homegrown spinach, mustard, turnips, beets, sweet potatoes, eggplant, onions, peppers, squash, Keiffer pears, celery, cabbage, apples, tomatoes, Washington pears

LOUISIANA: Baton Rouge.....Irish potatoes, onions, sweet potatoes, apples,  
greens, lettuce, celery, cabbage

New Orleans.....Irish potatoes, tomatoes, onions, Florida  
grapefruit

Shreveport.....Irish potatoes, yams, onions, cabbage, carrots,  
apples, grapefruit

NEW MEXICO: Alamogordo.....onions, celery, radishes, green beans, tomatoes,  
cabbage, carrots, lettuce, Irish potatoes

Gallup.....Irish potatoes, lettuce, carrots, cabbage,  
tomatoes

OKLAHOMA:      Ada.....lettuce, sweet potatoes, peppers, apples, grapes,  
Irish potatoes, cabbage, bananas, tomatoes, peas,  
onions

Enid.....apples, tomatoes, oranges, lettuce, sweet potatoes,  
cabbage, Irish potatoes, celery, grapes, onions,  
turnips, carrots, peppers, radishes, squash

Lawton..... Irish potatoes, sweet potatoes, beans, peas,  
cabbage, onions, squash, beets, radishes, cauli-  
flower, apples, oranges, lemons, bananas, grapes

Miami.....Tokay grapes, apples, tomatoes, sweet potatoes,  
cabbage, onions, celery, Irish potatoes

Oklahoma City...apples, cabbage, grapes, lettuce, mustard, onions,  
peaches, Irish potatoes, sweet potatoes, tomatoes,  
turnips



TEXAS:

<u>Amarillo</u> .....	Irish potatoes, onions, sweet potatoes, cabbage, bell peppers, celery, apples
<u>Austin</u> .....	onions, Irish potatoes, lettuce, grapes, bell peppers, celery, eggplant, blackeyed peas, rutabagas, sweet potatoes
<u>Dallas</u> .....	cabbage, onions, Irish potatoes, sweet potatoes, apples, local turnip and mustard greens, celery, lettuce
<u>Fort Worth</u> .....	Irish potatoes, onions, bunched carrots, cabbage, celery, bulk apples
<u>Houston</u> .....	Irish potatoes, sweet potatoes, cabbage, carrots, onions, okra, peas, pears

## "SWEETS" TO THE TABLE

Sweet potatoes have joined the best food buys in this part of the country, in recent weeks climbing almost to the top of the list. As supplies increase and the quality continues to improve with curing, homemakers will be looking around for interesting recipes in which to take advantage of their abundant food value. For sweet potatoes pack a lot of vitamin A under their brown jackets. They also offer a good supply of vitamin C, as well as small amounts of minerals and the B vitamins. In addition, the sweet potato ranks high as a provider of food energy.

Here are some new ideas from the Bureau of Human Nutrition and Home Economics.

Sweet potatoes scalloped with apples...

Place alternate layers of sliced cooked sweet potatoes and sliced raw apples in a greased baking dish. Sprinkle the apple layers with sugar and a little salt, and dot with fat. Pour in just enough water to cover the bottom of the dish. Bake covered in a moderately hot oven (375°F.) until apples are tender (about 30 to 40 minutes.) If desired, uncover the dish for the last 15 or 20 minutes of cooking, and top with bread crumbs or crushed dry breakfast cereal combined with a little fat.

Glazed sweet potatoes...

Pare sweet potatoes, cut in half, and drop into enough lightly-salted water just to cover. For each potato add 1 to 2 tablespoons honey, corn or maple sirup, or molasses, and 1 teaspoon table fat. Boil covered until tender. If liquid has not cooked down enough by the time sweet potatoes are tender, remove cover and boil rapidly until a sirup is formed. Turn sweet potatoes once to cover them with the sirup.

Sweet potato cakes...

Shape cold mashed sweet potatoes into small cakes. Roll in bread crumbs or crushed dry breakfast cereal, and fry golden brown in a little fat. For variety, add chopped cooked left-over meat, or finely chopped apple.

### Sweet potato biscuits...

1 cup sifted all-purpose flour  
3 teaspoons baking powder  
1/2 teaspoon salt

1/3 cup fat  
1 cup mashed sweet potatoes  
About 3 tablespoons milk

Sift together the dry ingredients. Cut in fat with two knives or a pastry blender. Add sweet potatoes and enough milk to make a soft dough. Knead lightly if desired. Roll to 1/2 inch thickness, cut in rounds, and place on a baking sheet. Bake in a hot oven (425°F.) 15 to 20 minutes. Makes 12 medium-sized biscuits.

### Quick mashed sweet potatoes...

Peel cooked sweet potatoes while they are still hot. Mash thoroughly and quickly, and add seasoning and table fat. Beat in hot milk a little at a time until the sweet potatoes are fluffy and smooth.

## AGRICULTURAL OUTLOOK CONFERENCE

At the time this issue of RADIO ROUND-UP is being written, the 24th Annual Outlook Conference is going on at the Department of Agriculture in Washington, D. C. This conference is being attended by representatives of USDA from all parts of the country. They're being given a comprehensive picture of world food problems, from the standpoint of both supplies and nutrition, hearing discussions of both the national and international economic situation, and of the outlook for agriculture.

### They speak with authority...

Also on the conference program are discussions for the commodity situation, of financial planning for the family, the outlook for household equipment, and the ways of getting outlook information to farm people.

The opening talk was delivered by Secretary of Agriculture Clinton P. Anderson. Other speakers include: Eugene Meyer, president of the International Bank; Dr. Denis A. Fitzgerald, secretary-general of the International Emergency Food Council; Marriner S. Eccles, chairman, Board of Governors of the Federal Reserve System...and in addition, chiefs of a number of USDA's bureaus, and other Department specialists.

### Of interest to you...

Comments of several speakers should be of special interest to directors of women's programs. Among these are Dr. Hazel K. Stiebeling, chief of the Bureau of Human Nutrition and Home Economics. Dr. Stiebeling, as you know, was a member of the U. S. delegation to the FAO conference in Copenhagen last month. Her subject at the outlook conference is the world nutrition situation.

Since complete information regarding these discussions is not available before this week's deadline for RADIO ROUND-UP, we are planning to include some notes on them next week.



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Review

DALLAS, TEXAS  
423 Wilson Building  
October 18, 1946  
No. 42



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

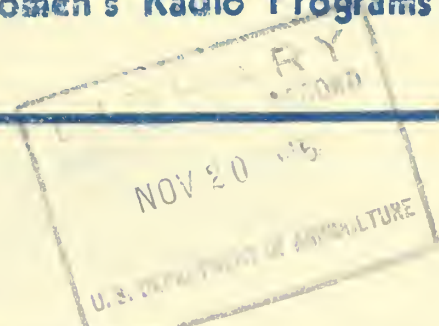
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Information Service  
Production and Marketing Administration

**U. S. Department of Agriculture**



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## BACKGROUND ON MEAT

Big news on food this week is removal of price ceilings on livestock, meats, and other livestock products. To give you the background of the situation, RADIO ROUND-UP is quoting below a statement issued Tuesday, October 15, by Secretary of Agriculture Clinton P. Anderson.

"The Price Administrator has today submitted and I have approved an order which removes price ceilings from all livestock and all food or feed products processed or manufactured in whole or substantial part from livestock.

### After detailed conferences...

"This price decontrol action has been taken following detailed conferences with The President and is pursuant to provisions of the Price Control Extension Act of 1946, which specifically authorizes the removal of maximum prices from any agricultural commodity if, in the judgment of the Secretary of Agriculture, such action would be consistent with the purposes of the Act.

"In my judgment the action taken today is consistent with the purposes of the Act in that it will promote the earliest practicable balance between production and demand for livestock products and facilitate a successful transition of the livestock industry to a sound peacetime basis.

### Cattle numbers high...

"In order for the beef cattle industry to be in a sound condition and able to provide a continuous supply of beef to meet consumers' demands, it is essential that the number of cattle on our farms and ranches be no larger than the carrying capacity of the pastures and range land. Otherwise, the grazing land will be depleted and future production impaired. Moreover, severe hardship for range cattle producers could result in the event of only moderately unfavorable weather.

"At the present time the number of beef cattle on farms and ranches is dangerously high, and this condition will become worse unless liberal marketings for slaughter are resumed without delay. This could not happen when there was constant agitation for the removal of price ceilings and when announcement was made that a decontrol petition would be filed at the very time that the run of grass-fat cattle should be at its height."

### All meats decontrolled...

Anderson's statement then goes into detail on cattle supply and urges increased marketing and concludes:

"In view of the situation I have summarized, the decision was reached that decontrol of cattle and beef would best carry out the purposes of the stabilization legislation. Moreover, because of the



close interrelation of beef and other meats, it is not considered practicable to maintain controls on other livestock and other meats even though pork, lamb, and mutton will not be as plentiful as beef."

#### FRUIT FOR THE PRESENT



Fruit plays an important role on the menu these sugar-scarce days, so the supply line-up is very encouraging.

On the market you'll find pears (the last of the Bartletts, first of the Bosc variety, and some Anjous)... apples (an average crop, but three-fourths more than the low of 1945)...cranberries (20 percent more than last year and far above average)...grapes (Tokays from California and Concords from New York, Michigan and Ohio)...grapefruit (from Florida, and soon some from Texas)...oranges (chiefly from California)...dried peaches, and canned citrus juices.

#### OCTOBER 1 CROP REPORT

The greatest volume of crop production in history is now being realized, according to the October 1 Crop Report, released on October 10 by USDA's Bureau of Agricultural Economics. Previous prospects for most crops were maintained or improved during September. The record 1946 corn crop is maturing with little frost damage, and good quality is assured. Estimates for most crops are slightly higher than last month, with cotton as the principal exception.

#### Record-setters...

There's an addition to the all-time record group this month...potatoes. The other crops in this group are corn, wheat, tobacco, peaches, pears, plums and truck crops. Oats, rice and peanuts moved a step nearer the record. Grapes, cherries and sugarcane also are in the near-record class.

There were several additions to the average or better list during September... flaxseed, sorghum grain, buckwheat, sweet potatoes, and apples. The crops already in that group, and for which the promise remains the same, are hay, soybeans, dry peas, prunes, apricots, hops and sugar beets.

#### Oil crops below 1945...

On the darker side of the picture...prospects for cotton production have dropped to the lowest level in 25 years. Several other crops are below-average...rye, broomcorn, dry beans and pecans. And even though prospects for soybeans, flaxseed and peanuts increased during September, the oil crops as a group remained at a lower level than last year.

Milk production in September was about 2 percent below the record total of September 1945. However, there are 4 percent fewer cows.

### Vegetables abundant...

One piece of good news for the meal planner concerns the abundant supply of fresh vegetables in prospect for the fall months. BAE reports that production for the year will top that of any previous year.

### 1947 FOOD OUTLOOK

The food outlook for 1947 indicates that our supplies will be at about the same high level as in 1946.

It's interesting to note that the average consumption of food per person is about 15 percent higher than before the war...specifically, in the period from 1935-39. This was in spite of heavy exports, and was made possible by our near-record food production and reduced military demands. It will continue because exports probably will be much smaller next year, even though food production may not be quite as high.

### The unchanged to lower list...

USDA's Bureau of Agricultural Economics, in forecasting the national food situation, states that no particular change is expected next year in supplies and average consumption of the following foods: Meat, chicken and turkey, skim milk products, vegetable fats and oils, fresh fruit (other than citrus), canned fruit juice, potatoes, sweet potatoes, and dry beans.

There are likely to be somewhat smaller supplies of eggs, fresh vegetables, and milk in all forms. Use of fluid milk, cream and ice cream is likely to be cut to some extent by the higher prices, although this will depend somewhat on the amount of money we have to spend.

### More of these...

There are several food items which it appears will be in somewhat larger supply in 1947 than they've been this year. These are: Butter, lard, evaporated milk, cheese, citrus fruit, canned and frozen fruit, wheat flour, corn products, rice, sugar, and fish.

Note that the phrase is "somewhat larger", and do not anticipate material increases in the amounts of such foods as fats and sugar, which the homemaker has missed particularly.

In commenting on these items specifically, the BAE report says that some moderate improvement in the tight fats and oils situation is forecast for next year. Less lard will be exported, and butter output is likely to be somewhat higher. As for sugar, this will continue short throughout 1947, but supplies may be expected to improve over 1946 in the latter part of the year.

### PREVIEW OF VEGETABLES

Have you any idea of the quantity of vegetables each of us is eating, on the average, this year?

The figure given in the 1947 vegetable outlook of USDA's Bureau of Agricultural Economics is 276 pounds, which is a big increase over the pre-war yearly average





of 235 pounds. The forecast for next year indicates that supplies of fresh vegetables are likely to be somewhat smaller than the records of this year, but still definitely plentiful. Prices in 1947 probably will be below former ceilings, though considerably above pre-war levels.

#### Canned and frozen...

Large supplies of canned and frozen vegetables will move into distribution from this year's record packs. And here are some more of those per capita figures applying to processed vegetables. We'll have from

44 to 46 pounds of canned vegetables, on the average, and somewhat more than 2 pounds of frozen vegetables per person.

#### NUT NEWS

Almonds and filberts are making the headlines in the news about nuts this year. Domestic production of almonds will be around 70 million pounds, in the shell, compared with the previous record last year of about 48 million pounds. Filberts are coming along to the tune of about 18 million pounds, also in the shell, a considerable increase over the previous record in 1943 of 14 million pounds.

Walnuts will be in evidence to the extent of 143 million pounds, which is only a little less than the record crop of '43. The only domestic tree nut crop that is substantially less this year is pecans...over a fourth smaller than in 1943.

#### To shell or not to shell...

The greater part of these four varieties will be sold...after commercial shelling...to confectioners, ice cream manufacturers, and the baking trade. The home user will buy for her own use less than one-fifth of the shelled nuts. And whether she purchases them in the shell or in kernel form varies, too.

We don't seem to mind taking most of our home supplies of walnuts in the shell, but it's a different story with almonds. Probably less than a third of these are bought in the shell. The improved varieties of pecans...the large type usually grown in commercial orchards...are commonly marketed in shells. The seedling type pecan, which grows wild along river bottoms in Texas, Oklahoma and other southwestern states, are all shelled commercially.

#### Price picture...

None of the domestic tree nuts are now under price control. Wholesale prices on almonds, filberts and cashews from India, so far, are considerably lower than last year. Because of the large crops of almonds and filberts, many nut mixers are now using more of these varieties in mixed nut packages.

Total tree nut supplies, both domestic and imports, computed on kernel basis, will be about the same this year as last. Most other nuts will be in adequate supply, as in recent years.

### Peanuts, too...

There's another important member of the nut family to consider...and according to statistics, it's the most popular one...the peanut. If the present estimate of the peanut crop is realized, this will be the fifth consecutive year in which production has been more than 2 billion pounds. It appears very likely, therefore, that each of us can eat more than last year's average of 6 pounds of shelled peanuts per person, if we like.

#### POSTSCRIPT CONCERNING PEANUTS

The history of peanuts extends into various parts of the world...the name itself, incidentally, is derived from two Greek words meaning "weed" and "under". Traces of peanuts have been found in the Aztec urns in Peru. Drawings of peanuts appear in ancient Egyptian tombs. They're reported to have been an important article of food in Africa before the 17th century, and were the chief food of captives on slave ships



#### Not a true nut...

Although peanuts are classed as nuts, they're really members of the legume family. If you've ever eaten them raw, you know they taste much like raw beans. The seed or fruit matures underground, and botanically, it bears no relation to the true nut. The peanut plant bears long shoots or "pegs". These pegs burrow underground, and there the pods grow on the end of the peg. Each pod contains from one to three delicious kernels.

They're especially delicious after being roasted and salted, or blanched, ground and made into peanut butter...or, as suggested elsewhere in this issue of RADIO ROUND-UP, after they're combined with some other food in a tasty hot dish.

#### NUTS IN THE MAIN COURSE

Here are some ideas about using nuts in cooking...not only as a means of adding flavor to food, but as a source of valuable nutrition. Many women probably realize that nuts furnish a good deal of fat...from about 35 percent to over 70 percent...but it's well to remind everybody that they supply protein too. In protein value, nuts range from less than 5 percent to over 25 percent.

A nut loaf can be used occasionally as the main course at dinner, and nuts can be added to certain other dishes to step up their food value. For instance, the mild-flavored nuts, especially blanched almonds, are fine in creamed fish, such as crab, tuna and shrimp...or in creamed chicken or sweetbreads. And nuts added to poultry stuffing will bring calls for seconds from every member of the family.

The following two recipes from USDA's food specialists illustrate the use of nuts in combination with other foods for a loaf. They can be varied to fit supplies on hand, or to feature different seasonings.



Peanut and carrot loaf...

2 cups roasted peanuts, chopped	1 cup dry bread crumbs
2 cups chopped carrots	$\frac{1}{2}$ cup finely chopped parsley
2 tablespoons fat	$1\frac{1}{2}$ teaspoons salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{2}$ cups cooked tomato juice and pulp	

Make a thick sauce with the fat, flour and tomatoes, mix well with the other ingredients, and form into a loaf. Pack tightly in a well-greased loaf pan lined with paper, and bake in a moderately hot oven (375-400 degrees F.) for one hour.

Pecan and rice loaf...

2 cups pecans, chopped	$\frac{1}{2}$ cup finely cut celery
2 cups cooked rice	1 cup dry bread crumbs
2 tablespoons melted fat	1 egg, beaten
$\frac{1}{2}$ cup chopped green pepper	$1\frac{1}{2}$ teaspoons salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
1 cup milk	

Combine the ingredients and bake in the same way as the peanut and carrot loaf. This is very good served with brown sauce seasoned with chopped parsley.

Poultry stuffing...

The following recipe for poultry stuffing is a good one you may like to give your listeners. It gives a different touch to the chicken dinner appearing on many tables pretty frequently these days. For this...blanched almonds, pecans, walnuts or cooked chestnuts are suggested. Here are the proportions:

$\frac{1}{2}$ to 1 cup of chopped nuts	3 tablespoons melted fat
1 tablespoon finely chopped onion	$2\frac{1}{2}$ cups soft bread crumbs
2 or 3 sprigs parsley, chopped	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cut celery	$\frac{1}{8}$ teaspoon pepper

Savory seasoning, if desired

Cook onion, parsley and celery in the fat for a few minutes, add the bread crumbs and seasonings, and stir until well mixed and hot. Add the nuts just before stuffing the fowl.

**BEST BUYS IN FRESH FRUITS AND VEGETABLES**

Apples, Irish potatoes, cabbage, and onions are the best fresh food buys in the seven-state southwest area this week, according to USDA's Production and Marketing Administration. Sweet potatoes and lettuce also are good selections. Several markets give first place to local turnips, greens, squash, and beans. California tomatoes remain plentiful. Carrots and celery are fairly good vegetable buys. Supplies of Florida grapefruit, Texas lemons, and California oranges are increasing. Grapes, especially the Tokay variety, are still a good fruit choice.

"Best buys" at key markets...

ARKANSAS: Little Rock.....Irish potatoes, onions, cabbage, apples  
Pine Bluff.....lettuce, turnip greens, cabbage, onions, apples,  
Irish potatoes

COLORADO: Denver.....apples, cabbage, carrots, onions, Irish and sweet  
potatoes, Acorn and Hubbard squash, grapefruit,  
turnips, parsnips

KANSAS: Manhattan.....cabbage, lettuce, Irish potatoes, squash, apples,  
grapefruit

MISSOURI: Kansas City....Keiffer pears, cooking apples, homegrown squash,  
pumpkins, sweet potatoes, spinach, mustard, peppers,  
eggplant, celery, cabbage, turnips, beets, onions

LOUISIANA: Baton Rouge....Irish and sweet potatoes, onions, oranges, lettuce,  
Louisiana green beans, apples  
New Orleans.....cabbage, onions, Irish potatoes  
Shreveport.....Irish potatoes, onions, carrots, lettuce, greens,  
grapefruit, apples

NEW MEXICO: Alamogordo.....cabbage, carrots, squash, green beans, celery  
Gallup.....green chili, sweet potatoes, tomatoes, carrots,  
cabbage

OKLAHOMA: Ada.....lettuce, Irish and sweet potatoes, apples, grapes,  
cabbage, onions  
Enid.....tomatoes, cabbage, lettuce, apples, Irish and  
sweet potatoes, turnips, carrots  
Miami.....apples, grapes, lettuce, cabbage, Irish and  
sweet potatoes, celery  
Oklahoma City...apples, cabbage, grapefruit, grapes, lettuce,  
onions, Irish potatoes, radishes, squash,  
tomatoes  
Tulsa.....lettuce, lemons, apples, Irish potatoes, carrots,  
celery, grapes, oranges, green beans, radishes,  
turnips, mustard

TEXAS: Amarillo.....cabbage, Irish potatoes, onions, bell peppers  
Austin.....onions, Irish potatoes, Tokay grapes, California  
tomatoes, green beans, lettuce, celery, eggplant,  
cabbage, rutabagas



Dallas.....apples, yellow onions, Irish and sweet potatoes,  
green beans, local turnips and greens, tomatoes,  
lettuce, celery

Fort Worth.....onions, Irish and sweet potatoes, cabbage,  
bunched greens, bulk apples

Houston.....Irish and sweet potatoes, cabbage, carrots,  
onions, okra, peas, apples

### GREEN GOODNESS

Spotlight on local vegetables this week goes to greens...especially mustard and turnip greens...and to the turnips that go with them. The supply is plentiful, food handlers tell us...and the price reasonable.

And from the nutritionists we learn that greens are rich in minerals and vitamins...especially iron and vitamins A and C. Some are rich in calcium, too. Greens also are a good source of vitamins B<sub>1</sub> and G. As for turnips, they're a good source of calcium and add some vitamins B<sub>1</sub>, C, and G to the diet. If they're yellow (but most of the garden turnips are not), they also have vitamin A.

#### Speed the cooking...

Speed in cooking is the keynote to a happy combination of flavor and food value when greens are in the pot. Minutes...instead of the hours our grandmothers thought necessary...are the rule. And often these days we find tender turnip or mustard greens chopped into salads without any cooking at all.

Drowning in water during the cooking process is out these days, too. Nutritionists say the more water you use, the more likely you'll be to throw away the vitamins and minerals that have been dissolved when the greens cooked. If you start with only a little water, it's easy to serve this liquid with the greens. At any rate, it shouldn't find its way down the sink drain...that's just dumping vitamins in the garbage. Use any liquid that's left over in sauces, soup, or gravy. And no soda...the nutritionists say...because soda robs the greens of some of their food value.

#### Preparation...

Biggest job about cooking greens of any kind is the washing necessary to get out all the sand and grit. A good idea is to use two bowls of cold water...and don't try to wash too many at a time. Use your fingers to lift the greens out of the water. If you pour the water off, the sand will cling to the leaves.

#### Turnip cues...

Turnip cookery also calls for speed...in fact, turnips must be eaten raw to get much of their vitamin C. If cooked, the pan should be left uncovered and the cooking stopped as soon as the turnips are tender.



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**Southwest Edition**

October 25, 1946  
No. 43



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

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## ATTENTION ON APPLES



It's probably no coincidence that National Apple Week (October 26 to November 2, inclusive) is also Hallowe'en week, because apples always have been an important feature of this celebration, in both games and refreshments. It's particularly appropriate to celebrate this year's apple crop too, because it promises to be plentiful...some 120 million bushels, compared with only 68 million in 1945.

### Spare the water...

RADIO ROUND-UP already has given you some apple information...(see "Apple Prospectus" August 23, and "Apple Appeal" September 6)...but here are a few more ideas you may like to pass along to your listeners.

USDA's food specialists warn that you should be sparing with water when you're cooking apples, because this fruit naturally has plenty of water. When you're making apple sauce or baked apples, use just enough water to keep the fruit from sticking and scorching. You won't need any water for scalloped apples, pie or apple betty.

### Sugar and spice...

And remember that while spices blend well with the flavor of apple dishes, they should be used judiciously, so they won't steal the taste spotlight. A pinch of salt is a help...so is a sprinkling of nutmeg or cinnamon. However, nutmeg should be added to apple sauce just before serving; otherwise it may develop a bitter flavor.

Another fine feature of apples, especially appreciated in these sugar-short days, is that on an average, they're about 10 percent sugar. Varieties differ, of course, but many kinds of apples need very little sweetening when they're cooked. As for corn syrup, molasses or honey when you can get them, they can be used for sweetening in the same quantity as sugar.

### Baking tip...

When you're baking apples, try this trick...stuff the centers with raisins or dates. Their natural sweetness, added to that of the apples, will cut down considerably on the amount of sugar necessary for sweetening.

There are three different types of apple on the market...the dessert apple, good for eating out of hand, but not so satisfactory for baking and cooking... the baking apple...and the apple that's perfect for pies and sauce. And, as you know, there are several varieties that fit into all categories...general-purpose apples, they might be called. Some of these are the Jonathan, Grimes Golden and the Wealthy, (all three in their prime right now)...the Stayman, McIntosh, Spitzenburg, Northern Spy, Wagener and Baldwin.



### "Who's Who" of apples...

Among the apples that are specially good for baking...because they keep their figures nicely...are the Rome Beauty, Stayman, Golden Delicious, Northern Spy, Baldwin, the Arkansas Black and the Balck Twig. For apple sauce and pie, fruit that will cook tender in a short time is ideal. Among these varieties are the York Imperial, Rhode Island Greening, Northwestern Greening, Arkansas Black, the Stark, and again the Stayman. As for the first type we mentioned, the dessert apple...the Delicious is typical of this variety.

Whatever the variety...and whether you serve it as is or cooked...these are the days to make the most of the appealing apple. It certainly belongs at the top of anybody's shopping list, alphabetically and otherwise.

### OUTLOOK HIGHLIGHTS

You may have begun to hear some reports from those who attended the annual outlook conference held a couple of weeks ago at the U. S. Department of Agriculture in Washington...all 48 states and Puerto Rico were represented.

#### Range of discussions...

The discussions covered the international situation, the domestic situation, the agricultural situation, farm markets, the nutrition outlook, and rural family living outlook. We gave you a little information about the conference in the October 11 issue of RADIO ROUND-UP, and also listed the names of several of the outstanding speakers.

Here, for the record, is a brief resume of the highlights of the conference:

#### World food situation...

The carryover of supplies is unusually low. Nutrition levels in most countries are below prewar, and far below desirable levels. Production of food has improved, but is still below prewar. Financing for export probably adequate.

#### National situation re supply and demand...

Production of most items is expected to catch up with demand in 1947...automobiles and housing are notable exceptions. The consequent shift away from sellers' markets, along with filled pipelines, will require adjustments and probably will result in decreased income payments and more unemployment in late 1947. Even at the expected lower levels, business activity and national income will be far above prewar.

#### Agriculture...

Markets for most farm commodities will remain good, but will be affected late in the year by adjustments taking place in business as a whole. Potatoes and some types of tobacco are the most likely trouble spots, but prices of most commodities will reflect the decreases in demand expected late in 1947. Meat, dairy products and poultry are likely to be affected less by price declines than grains, vegetables, fruits and minor field crops.

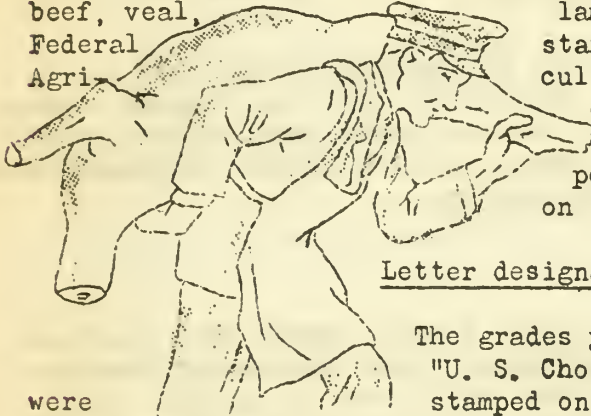
### Rural family living...

High incomes in 1946, accumulated funds, relative freedom from debt...all point to large family spending in 1947,

### LOOKING FOR THE GRADE

Now that there are no price controls on meat, the Office of Economic Stabilization has lifted the regulation that all meat be graded.

During the war, in order to enforce price ceilings, the OPA required that all beef, veal, Federal Agri- lamb and mutton be graded in accordance with standards set up by the U. S. Department of culture. This meant that prices could be established according to quality. Because there was less variation in the quality of pork, the prices on this meat were determined on the basis of the cut or the weight.



### Letter designations are out...

The grades you probably saw most frequently...such as "U. S. Choice", "Good", "Commercial" or "Utility"... stamped on the meat by the U. S. Department of Agriculture. These grade names...marked in purple ink on each cut...could only be used if they were applied by Federal meat graders.

In some small plants where it was impractical to have a Federal grader assigned, the OPA made a provision that these plants could grade their own meat...but in accordance with the same standards used by Federal graders. Slaughterers doing their own grading were required to use the double-A, A, B or C letter grades on their meat instead of the name terms. These letter designations are no longer in effect.

### It's optional now...

The Federal grading service of the U. S. Department of Agriculture is still available to packers as it was before the war. But since Federal grading is now optional, it's up to each packing plant to decide whether or not it will have the service.

Of course, meat that passes over state lines must be Federally inspected... that is, okayed as to wholesomeness: It's just the grading for quality that is no longer mandatory.

### Dependability cue...

However, Federally graded meat is still on the market and homemakers can ask for it. Probably in this interim period when there is a mad scramble for meat, supplies will be purchased because they're available rather than for their relative merit. But as stocks more nearly equal demand, the homemaker who is looking for uniform quality will find Federal grades a most dependable guide.



### SPICE ALLOCATIONS END

In a RADIO ROUND-UP story of October 11, we mentioned that pepper from India and mace and nutmeg from the West Indies were still under allocation. Because sources of spice that were unavailable during the war are now opening up...and because it is believed supplies will be ample to fill world requirements...the International Emergency Food Council has decided to discontinue allocations on these three spices.

No spice now remains under international allocation recommendation.

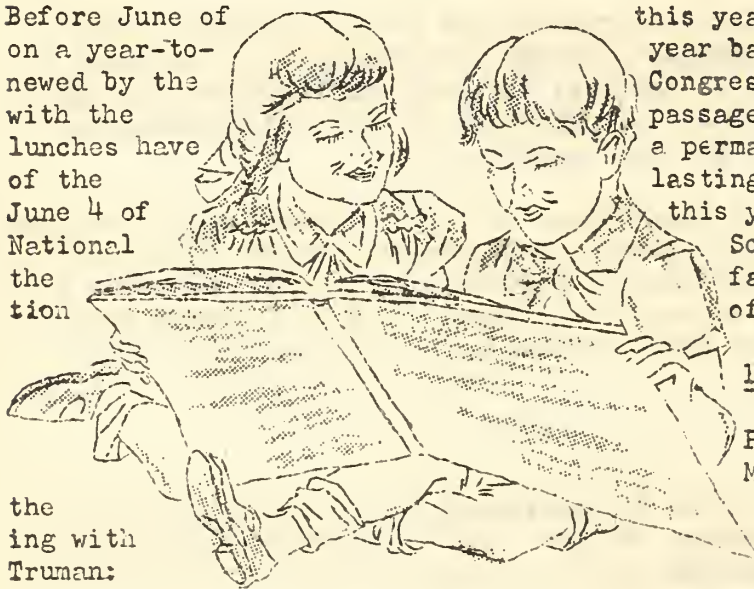
### OFFICIAL OPENING GUN

The first National School Lunch Conference met in Washington early this week (October 22-23). Purpose of this meeting, attended by State and Federal leaders in agriculture, public health and education, was to provide more uniform school lunch operations in the 48 states and territories...and to evolve recommendations that would enable long-term planning for the program.

#### Permanent status...

Before June of  
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Truman:



this year, school lunches were operated  
year basis. This program has been re-  
Congress each year since 1935. Now,  
passage of Public Law No. 396, school  
a permanent hold on life. They are part  
lasting legislation of the land. For on  
this year, the President signed the  
School Lunch Act, in recognition of  
fact that good health is an obliga-  
of the nation to its young.

#### Light Million children served...

Paul Stark of the Production and  
Marketing Administration chaired  
conference. He opened the meet-  
a statement from President

"Nothing is more important in our national life," said the President, "than the welfare of our children, and proper nourishment comes first in attaining this welfare...even in this first year of operation under the new permanent legislation, nearly 8 million boys and girls are expected to receive the benefit of school lunches. This is a splendid start, but we must look forward to the day when the lunches are available in every community in every State and Territory."

Speakers at the conference included N. E. Dodd, Under-secretary of Agriculture; Robert Shields, PMA Administrator; Dr. E. B. Norton, U. S. Office of Education; Dr. Thomas Parran, Surgeon General, U. S. Public Health Service; Father William J. Gibbons, S. J., Associate Editor, America, the National Catholic weekly; and Dr. Hazel Stiebling, Bureau of Human Nutrition and Home Economics, USDA.



Conducive to democracy...

Mr. Dodd gave an account of conditions in Europe...presenting a grim, first-hand picture of malnutrition verging on starvation. He said that during his recent visit to 17 countries, he saw thousands upon thousands of hungry people who fitted the expression "ill fed, ill clad, and ill housed."

Then he turned to the American scene, and said that school lunches are a recognition of social progress. Besides providing an expanded market for the American farmer, they help build better citizens. He closed his humanitarian remarks by saying:

"The well nourished child stands ready to understand and absorb the meaning of our American tradition of freedom and democracy."

Sound minds and bodies...

Dr. Norton, speaking for the educators, stressed the tremendous, "fearful" responsibility of the School Lunch Administrator in the program. He spoke from experience...for, as he said: "I have tried to teach hungry children."

Dr. Parran referred to Public Law No. 396, the National School Lunch Act, as one of the most important health laws of our time. "The school lunch can supply one-half of the child's daily food needs. It can train him in proper food habits. By adding nutrition...it helps to develop the healthful body, the free mind."

The Surgeon General of the United States was saying to the leaders of agriculture, education and public health that the objective of the school lunch program is a sound mind in a sound body...that it will train our school children to accept democracy in the kind of world we want.

A socializing influence...

Moreover, the program is in line with the basic American urge for something better. We are no longer satisfied with two chickens in every pot, but want at least a hog and half a beef in every deep freezer...as a commentator recently said.

"May we set our sights for the well being of our children equally high," said Dr. Parran, "and strive with equal vigor to reach them."

Dr. Hazel Stiebling's remarks pointed out that the school lunch is a potential socializing as well as nutritional instrument. Efforts must be made to mould the right attitude toward new foods, a well-balanced meal and the clean platter.

Local food deficiencies supplemented...

Furthermore, there must be careful planning to make sure that the foods served in various communities supplement local deficiencies. This is to say that the ideal school lunch program exists within the nutritional pattern...but emphasizes the foods that are lacking in the home meal.

The opening gun for the permanent school lunch program was a sustained, healthy boom. The obligation of Congress to its school children is well on the way to fulfillment.

#### POSSIBLE SUGAR STAMP EXTENSION

By the time you are reading this, it's possible that an extension of the time limit on canning sugar stamps, spare stamps 9 and 10, may have been granted by OPA. They're due to expire October 31st, you know, and news that a reprieve was under consideration leaked out this week. On checking with OPA, we were told the matter has been pending for some time, and that the decision is expected daily.

#### Spotty distribution's the reason...

OPA recognizes that spotty distribution of sugar, due to transportation difficulties, the boxcar shortage, maritime strikes, and so forth, has made it impossible for homemakers in many parts of the country to make use of these stamps.

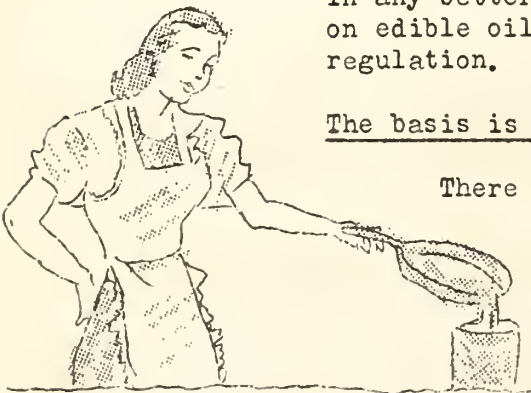
We suggest that you watch for this announcement, in the event it hasn't already been made.

#### OIL ORDERS REVOKED

The Department of Agriculture has revoked all its war food orders that controlled vegetable fats and oils and lard...with the exception of an order on the purchase, sale and use of 1945 crop peanuts and an order regulating oil imports. The Department will also continue to allocate exports.

This cancellation of orders does not mean fats and oils are in any better supply. Rather, the lifting of price ceilings on edible oils has made it impracticable to attempt further regulation.

#### The basis is competitive...



There are thus no orders on the distribution and use of cottonseed, peanut, soybean and corn oils. Manufacturers can use for their products any amount of these oils they can purchase for edible oil products, for protective coatings, floor coverings and soap. While the war food orders were in effect, the limited supplies of fats and oils were allotted to food and

industrial manufacturers on a percentage basis. Now all manufacturers can operate on a competitive basis.

The war food order on 1945 crop peanuts is maintained because many shellers have contracts with the Commodity Credit Corporation for crushing these peanuts, and legal difficulties might arise if the order were cancelled at this time.



Salvage operations still important...

Fats and oils are still in short supply. That's one reason why the Department of Agriculture is asking farmers for another year of full production in 1947... including animal fats and vegetable oils.

The revocation of the control orders will not end the need for salvaged kitchen fats. The more salvaged household fats turned in, the larger our national inventory of inedible fats for industrial and soap production.

## THE SHELL GAME

Now that more nuts are appearing on the market, comes the problem of whether to buy them in the shell or out. Sometimes it's just a matter of convenience, and sometimes a question of price. If you know the approximate quantity you need to buy in the shell to get a pound of nut kernels, you can tell whether it's worth the saving in time and effort to buy them already shelled. Here's a table that will help you to figure out this problem if and when it arises.

To guide you...

Approximately the following quantity of unshelled nuts is required to make 1 pound of kernels:

Almonds .....	1 3/4 - 2 1/2	pounds
Brazil nuts .....	2	"
Chestnuts .....	1 1/4	"
Filberts .....	2 1/4	"
Peanuts .....	1 1/2	"
Pecans .....	1 3/4 - 2 1/2	"
Walnuts (English) ....	2 - 2 1/4	"

## BEST BUYS IN FRESH FRUITS AND VEGETABLES

Onions and Irish potatoes are this week's best fresh food buys in the seven-state southwest area, according to USDA's Production and Marketing Administration. Next on the list are apples and cabbage. About half the key markets consider sweet potatoes, carrots, celery and lettuce among the best buys. Local turnips and greens remain plentiful at popular prices. Squash and beans also are good selections. A few markets listed citrus fruits, bananas, grapes, and pears.

## "Best buys" at key markets...

ARKANSAS: Jonesboro.....apples, sweet potatoes, cabbage, onions

Little Rock.....apples, red potatoes, onions, cauliflower

Pine Bluff.....turnip greens, onions, Irish potatoes, grapefruit

COLORADO: Denver.....apples, carrots, cabbage, cauliflower, Pascal  
celery, Tokay grapes, onions, parsnips, Irish  
potatoes, squash



KANSAS:	<u>Manhattan</u> .....Irish potatoes, cabbage, onions, apples, cauliflower
MISSOURI:	<u>Kansas City</u> .....Kieffer pears, cooking apples, homegrown pumpkins, squash, spinach, mustard, onions, celery, cabbage, turnips, beets, leaf lettuce, parsnips, peppers
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, onions, sweet potatoes, Jonathan apples, Florida oranges, Louisiana green beans, lettuce, grapefruit, lemons
	<u>New Orleans</u> .....cabbage, Irish potatoes, dry onions
	<u>Shreveport</u> .....cabbage, celery, yams, Irish potatoes, oranges, grapefruit
NEW MEXICO:	<u>Gallup</u> .....apples, Irish potatoes, carrots, cabbage
	<u>Santa Rosa</u> .....onions, Irish potatoes, apples, cabbage, carrots
OKLAHOMA:	<u>Ada</u> .....onions, Irish potatoes, apples, bananas, oranges, cabbage, tomatoes, carrots, turnips, lettuce
	<u>Enid</u> .....apples, celery, Brussel sprouts, carrots, Irish potatoes, cauliflower, cabbage, onions, turnips, lettuce
	<u>McAlester</u> .....onions, sweet potatoes, cabbage, apples, greens, squash, carrots
	<u>Miami</u> .....apples, lettuce, Irish potatoes, sweet potatoes, turnips, onions
	<u>Oklahoma City</u> ...apples, cabbage, carrots, lettuce, onions, Irish potatoes, white squash, tomatoes
	<u>Tulsa</u> .....pears, grapefruit, beans, apples, tomatoes, green beans, cauliflower, celery, Irish potatoes, sweet potatoes, radishes, turnips, onions
TEXAS:	<u>Amarillo</u> .....Irish potatoes, sweet potatoes, onions, apples
	<u>Austin</u> .....onions, Irish potatoes, celery, cabbage, lettuce, Tokay grapes, green beans, rutabagas, turnip greens, tomatoes
	<u>Dallas</u> .....apples, onions, Irish potatoes, sweet potatoes, celery, homegrown greens and squash, California tomatoes, lettuce
	<u>Fort Worth</u> .....cabbage, bunched carrots, mustard and turnip greens, Irish potatoes, onions, sweet potatoes, bulk apples
	<u>Houston</u> .....Irish potatoes, sweet potatoes, cabbage, carrots, onions, greens, peas, apples

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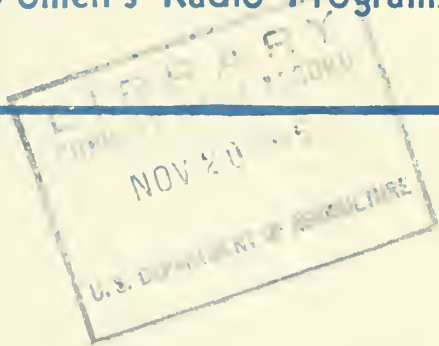
Southwest Edition

November 1, 1946  
No. 44



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

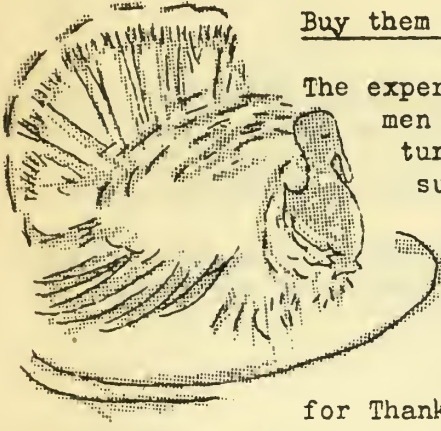
Information Service -- Southwest Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
423 Wilson Building, Dallas 1, Texas

17  
The following are the names of the persons who have been  
admitted to the office of the Secretary of the State



## A TIP ON TURKEYS

It isn't too early to start thinking about Thanksgiving, and about the turkey which will be the star of the Thanksgiving show in many homes on November 28th.



### Buy them graded...

The experts from USDA's Production and Marketing Administration, men who have the opportunity of checking the quality of turkeys from all parts of the country, tell us that the surest way to get a good turkey is to buy a graded turkey.

If a bird has been graded by licensed U. S. graders, it will be marked A, B, or C...and in any grade, you can be sure it's perfectly wholesome. When the butcher inquires whether you're going to want a turkey for Thanksgiving, it's a good time to tell him it's a graded

turkey you want.

### Check the tag...

And when delivery time comes, you can check on the grade name on the box in which it was packed. Usually the tags are fastened into the web of the wing. On one side of the tag the grade is shown, and on the other side, the state from which the bird came. Sometimes the name of the shipping organization appears on a supplementary tag.

In brief...plan to order a graded bird...and then check the tag on the turkey, or the mark on the box, to be sure you get what you order.

## WAR FOOD ORDERS MAKING EXIT

The aim of the food program of this country during the war was to support our armed forces and civilians, and contribute to the needs of our allies and the liberated peoples.

### 25 remain...

To assure fair distribution of available food, the U. S. Department of Agriculture issued war food orders when needed. They were really a form of rationing, only instead of being applied at the retail level...they were enforced at the production or distribution level. Over 170 orders have been issued since the beginning of the war. Only 25 of them remain in effect.

The few that remain are necessary because they deal with foods that are scarce, such as sugar and rice; or they regulate certain food imports; or assure that items will be made available to meet our government's military or export commitments.

### Bread order revoked...

In last week's RADIO ROUND-UP, we mentioned that all food orders on vegetable fats and oils and lard were removed, with the exception of the order on 1945 crop peanuts.

The revoking of war food order No. 1 a few days ago is also of interest to many consumers. As you know, this order provided for enrichment of all commercially baked white bread; banned consignment selling of bread; restricted the number of varieties of bread and rolls; and since June has required a 10 percent reduction in the weight of bread and rolls.

### Read the labels...

Before this order went into effect, about 70 percent of our commercially baked white bread was being enriched. Though enrichment is no longer a federal law, it's expected that many bakers and millers will voluntarily enrich their products. At present 18 states have legislation requiring bread enrichment.

Now is a good time for broadcasters to point out to their listeners the importance of reading bread and flour labels for this assurance of enrichment. Also, loaves should be bigger.

### Wheat limitations...

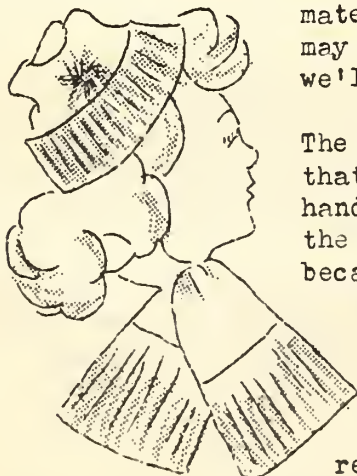
The only food orders now in effect on our wheat supplies are those that prohibit this grain for use in distilled liquors, or limit the quantity or quality of wheat that may be used in livestock feed or malted beverages. Also in effect is the restriction that limits the manufacture of flour for domestic distribution to 85 percent of the amount made on a monthly basis last year. These measures are needed to conserve wheat and flour for domestic use and for export.

### LEATHER, FUR AND FELT MAKE-OVERS

Making a silk purse out of a sow's ear actually doesn't seem like such a hard task after looking over the new 16 page bulletin just issued by USDA's Bureau of Human Nutrition and Home Economics. It's called "Make-overs From Leather, Fur and Felt" (M. P. 614) and it's full of fine ideas for making something from practically nothing.

### Christmas gift ideas...

Not only will it help any family stay within its clothing budget by conserving materials which are comparatively expensive to buy...but it may help to answer some of the Christmas gift questions we'll be asking ourselves very soon.



The clothing specialist who did this research points out that many of these materials are no more difficult to handle than cloth. Often, however, we tuck them away in the attic, or leave them hanging in closets for years, because we're not quite sure what to do with them.



### Leather and fur...

This booklet explains how leather articles that are only slightly worn or faded can be restored and used for a longer time. Or they can be ripped apart, cleaned, dyed or polished, and made into something usable... slippers, belts, change purses, or bindings and trimmings on gloves, mittens, jackets or play coats.



Instructions are given for cleaning and glazing fur at home...and for dyeing, cutting, sewing and finishing fur to make such articles as mittens, slippers, caps and trimmings from pieces no longer usable in their original form.

### Felt make-overs...

As for felt, a great many attractive and useful things can be made from fur or wool felt...bags, belts, gloves, slippers, suspenders, and trimmings of various kinds. The bulletin also points out that very often discarded felt hats have been worn so little they can be renovated easily...full directions for doing this are given.

A number of interesting articles pictured in the bulletin were shown in an exhibition of clothing make-overs of various kinds at the Department of Agriculture in Washington this week. Visitors said it furnished a real incentive to them to go home and search through every closet in the house, plus the attic, for the wherewithal to make such effective accessories.

### Examples...

There was a girl's weskit and cap made from an old brown and white checked wool coat, bound with brown suede from a discarded handbag...a boy's vest, cap and mitten set, cut from an old leather jacket...a good-looking tailored handbag, made from a worn black leather briefcase...a novelty belt from a pair of braided leather suspenders...a pair of clever mittens made from a black Persian lamb collar and a bright red felt hat...this will give you some idea of the possibilities.

### Ask for the bulletin...

Now, while many materials are still rather scarce, and prices high, is a good time for you to pass along information of this kind to your listeners. You can tell them to request the bulletin by name or number, directly from Radio Agriculture, Washington 25, D. C. There's no charge, of course.

## NEW APPLIANCES CAST THEIR SHADOW

At the Outlook Conference held in Washington in October, one of the most interesting discussions (from the standpoint of the homemaker, that is), concerned the outlook for household appliances. The report was made by two of USDA's household equipment specialists from the Beltsville Research Center, who'd just returned from a swing around the country...visiting fifteen or more manufacturers, and asking a lot of questions.

### Six months to a year behind...

First of all, they warned that production is from six months to a year behind schedule, though makers are doing everything possible to get materials and speed up production. They found that many firms which make both large and small appliances are diverting certain essential materials, such as copper, say...from small items like fans and food mixers to the more important stoves, refrigerators, washers and so forth.

Here, briefly, is a summary of their comments, by individual items:



### Washers...

The conventional, non-automatic types are the same as the prewar models. The new styles coming on the market are all in automatic style. Top opening seems to be more popular than the side opening, so that's being used more in the new models. Among the few special features is one style combining a clothes washer with a dish washer...this has two interchangeable tubs. It is not the fully automatic style, by the way. Then there's one with an automatic cut-off that operates when the lid is raised. Another has an interior light.

Portable washers are being made too, and these are recommended for auxiliary use, especially in families where there's a baby, for the smaller garments.

### Ironers...

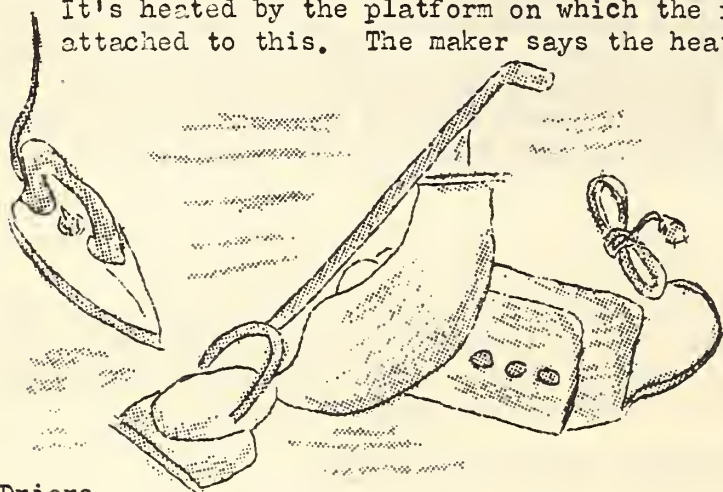
The new ones are little different from the old styles...both the flat and the roller type are being shown. The latter is being made in a portable style also.

### Flat irons...

Cordless iron is the newest. In this the wattage is higher than ordinary irons.

It's heated by the platform on which the iron stands...the cord being attached to this. The maker says the heat remains reasonably constant

because of the frequent replacement of the iron on the stand. The main advantage is the elimination of the dragging cord from the iron.



There's something new in steam irons...though these have been on the market for some time, as you know. The new style can be used with or without water, for steaming or regular ironing.

### Driers...

One new model has forced hot air circulation and temperature control...it tumbles the clothes dry.

### Ranges...

These, too, are much the same in style as prewar models. Nearly all have three top units and well-cooker, in various arrangements. There is a new twist in connection with the well-cooker of one range...the heating element can be raised from under the cooker to the top of the range, to be used the same as the others. Every stove manufacturer seems to be trying to make good use of all non-cooking space, turning it into work area, storage space, etc.

### Refrigerators...

The new ones follow the old styles, mostly, largely because of the difficulty in getting new dies. Most boxes now have ice cube compartment at one side

rather than in the center, thus providing more usable space. Eventually there will be boxes with two temperatures, which will provide for storing frozen food in refrigerator.

#### Home freezers...

Many styles are being made, both chest and upright. USDA experts warn that the market will be flooded eventually and it's doubtful whether all of them will stand up against competition. Therefore, some makers are bound to go out of business, leaving "orphan" freezers around.

#### Vacuum cleaners...

Many new ones are much lighter in weight. One style has an arrangement by which dirt is deposited in water, which can be emptied into toilet or cellar drain. There are several types made without the conventional bag, and makers advertise that dirt won't blow back into the air.

#### Toasters...

Newest thing is plastic toaster, in various colors.

#### Hot plates, mixers, electric fans...

Not much new in these, and supplies are rather scarce.

#### Pressure saucepans...

Supplies are better on these than on many other items, because about 40 percent of the aluminum going into utensils is being used for them.

The conclusion is that householders should be encouraged to continue taking good care of household appliances, because it will be at least another six months, maybe longer, before they'll be available in any quantity.

### 4-H CLUB HEADLINES

These are big days for 4-H Clubs of the United States...the week of November 2-10 is Achievement Week, and the period from December 1-5 sees the 25th. national 4-H Club Congress meeting in Chicago. In this first year of 4-H Club accomplishments since the end of the war, the production and conservation of food have been stressed, and during Achievement Week, the public will learn about the work these boys and girls have been doing.

#### A million and a half members...

There are 75,000 4-H Clubs across the country, with a membership of more than a million and a half. Through the club in your own community, you can probably arrange for an interview with one of the members, which might well be a very interesting program feature for Achievement Week.

As you may remember from other years, at the Congress in December, a number of project competitions are held...the national health champions are chosen...and prizes are awarded by various civic and business groups. From all we've heard, this year's Congress promises to be extremely interesting.



Special records will be made...

How would you directors of women's radio programs like to have a transcription made at the Congress especially for use on your program? It might be an interview with one or more of the contest winners from your own state.

The cost of records would be \$10 for one side, plus shipping charges, and \$19.50 for two sides...12 to 14 minutes on each side. If shorter cuts are desired, we can put two on a side. The platters would be air-expressed immediately after cutting.

Mail your order now...

It will be necessary that we have your request not later than November 25th in order to make the necessary arrangements for these transcriptions. This should be in the form of an official order, including definite directions on length of cuttings, the participants, and shipping instructions.

Please mail your order to Kenneth Gapen, Chief of Radio Service, U. S. Department of Agriculture, Washington 25, D. C. Remember...November 25th is the deadline.

For local information...

For more information about the Congress, and about the boys and girls from your state, you can make inquiry of the State Extension correspondent whose name and address follows:

Glenn C. Rutledge, Extension Editor, Post Office Box 391,  
Little Rock, Arkansas

G. E. Ferris, Editor, Colorado Agricultural and Mechanical  
College, Fort Collins, Colorado.

L. L. Longsdorf, Extension Editor, Kansas State College of  
Agriculture and Applied Science, Manhattan, Kansas.

Marjorie B. Arbour, Editor, Louisiana State University and  
Agricultural and Mechanical College, University Station,  
Baton Rouge 3, Louisiana.

John M. White, Editor, New Mexico College of Agriculture and  
Mechanical Arts, State College, New Mexico.

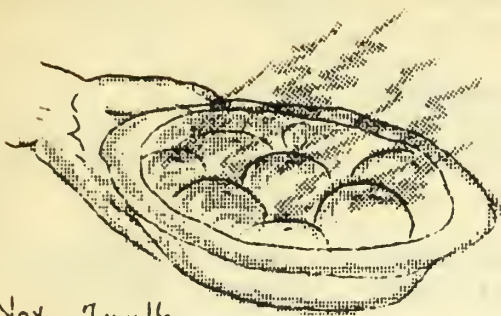
H. A. Graham, Extension Editor, Oklahoma Agricultural and  
Mechanical College, Stillwater, Oklahoma.

Louis J. Franke, Extension Editor, Agricultural and Mechanical  
College of Texas, College Station, Texas.

POTATO KEYNOTE

Potatoes, with their "best buy" rating, are now the center of attention in all food circles. The largest late crop on record is moving to market from 30 producing states. During the period November 7 to 16, food handlers and the





Nov. 7-16

Eat more...

Store more...

Department of Agriculture will make a concerted drive to get these potatoes under cover to assure the nation a good supply throughout the winter. However, commercial storage space is packed, and some potatoes may go homeless -- hence to waste -- unless we all pitch in and help.

#### Homemakers can help...

Homemakers can contribute in two ways:

- (1) By serving more potatoes while they're plentiful.
- (2) By buying in large quantities and storing as many potatoes as they have suitable space for.

Suggestions for successful home storage of potatoes were given in RADIO ROUND-UP on October 11...story entitled "Store Those Spuds". This week, we're sending you a leaflet containing recipes approved by the Bureau of Human Nutrition and Home Economics, which may help to encourage increased use of potatoes in day to day menus. Additional copies are available at your request.

#### BEST BUYS IN FRESH FRUITS AND VEGETABLES

Leading the Production and Marketing Administration's list of best fresh food buys this week are onions, apples, and Irish potatoes--a trio of plentifully priced to please the budget. Sweet potatoes and cabbage also are good buys at most markets in the seven-state southwest area. Lettuce and carrots continue fairly popular. Locally produced squash, mustard, turnips and turnip greens are favorite selections in many areas. Green beans from Louisiana and Texas are especially good buys in the South. More oranges and grapefruit are available since Texas movement got under way last week. Pumpkins and cranberries are in good supply for Hallowe'en festivity.

#### "Best buys" at key markets...

ARKANSAS:	<u>Jonesboro</u> .....sweet potatoes, apples, onions, cabbage
	<u>Little Rock</u> .....onions, Irish potatoes, turnips, lettuce, apples
	<u>Pine Bluff</u> .....turnips, Irish potatoes, onions, apples, oranges
COLORADO:	<u>Denver</u> .....apples, carrots, cauliflower, Pascal celery, table grapes, turnips, squash, Irish and sweet potatoes, onions
KANSAS:	<u>Manhattan</u> .....apples, Irish potatoes, cabbage, carrots, lettuce
MISSOURI:	<u>Kansas City</u> .....Kieffer pears, apples, pumpkins, squash, spinach, mustard, beets, turnips, leaf lettuce, celery, cabbage, parsnips, sweet potatoes, ripe and green tomatoes, onions

LOUISIANA: Baton Rouge.....Irish and sweet potatoes, onions, apples, Florida oranges, Louisiana green beans, lettuce, Louisiana greens and turnips

New Orleans.....tomatoes, Irish potatoes, onions

Shreveport.....oranges, grapefruit, Irish potatoes, carrots, onions, cabbage, greens

NEW MEXICO: Las Cruces.....Irish and sweet potatoes, onions, cabbage, turnips, lettuce, celery, apples, oranges, grapefruit

OKLAHOMA: Ada.....lemons, carrots, lettuce, celery, tomatoes, cabbage, Irish and sweet potatoes, apples

Enid.....Irish potatoes, apples, grapes, carrots, onions, turnips, cranberries, lettuce, celery, cabbage

Oklahoma City...apples, cabbage, cauliflower, grapefruit, grapes, lettuce, onions, Irish and sweet potatoes, pumpkins, squash

Tulsa.....onions, Irish potatoes, carrots, cabbage, turnips, radishes

Woodward.....sweet potatoes, cabbage, apples

TEXAS: Amarillo.....oranges, grapefruit, Irish and sweet potatoes, onions, apples

Austin.....Irish and sweet potatoes, onions, green beans, lettuce, eggplant, celery, mustard greens, rutabagas, Tokay grapes

Dallas.....Irish and sweet potatoes, onions, local squash, mustard and turnip greens, beans, apples

Fort Worth.....Irish and sweet potatoes, onions, cabbage, rutabagas, bunched carrots, mustard and turnip greens, bulk apples

Houston.....cabbage, Irish and sweet potatoes, carrots, onions, greens, peas, apples

MEAT PROVIDES USED FAT

This seems an opportune time to remind homemakers that every drop of used kitchen fat is still greatly needed. More meat is available, and this will mean more bacon and sausage drippings, more grease left in roasting pans and broilers, more pieces of fat meat which can be rendered to fill the fat salvage can quicker. The experts tell us it will be a long time before we can afford to let any used fat go to waste. The world supply is still far below the amount needed, and principal exporting areas like the Philippines need time to get back into full production.

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**Southwest Edition**

November 8, 1946  
No. 45



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Southwest Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
423 Wilson Building, Dallas 1, Texas





## POTATO PLENTY

As you know from the information we've given you in recent weeks, potatoes are plentiful this fall....so plentiful, in fact, that there's a potato problem. A special drive is being made during the period from November 7 to 16 to move more potatoes from producer to distributor to retailer to customer....and the directors of women's radio programs can do a great deal to help.



### Eat more and store more....

High quality potatoes are on the market in especially large quantities during the first half of November, and the aim of this drive is two-fold....to encourage people to eat more potatoes, and to suggest to them that they store a quantity of potatoes at home, wherever possible.

You see, the late crop of potatoes must either be stored or moved rapidly into consumer channels to prevent freezing. There isn't enough permanent storage to handle all the potatoes, so that's why home storage and increased consumption are important. You may like to refer to the RADIO ROUND-UP story "Store Those Spuds", October 11th, for suggestions along this line.

### For the record....

For those of you who are interested in figures, here are just a few statistics; total 1946 potato production is estimated at more than 471 million bushels, an all-time high. The ten Western States increased acreage during the war years, and will harvest about 121 million bushels. They expect to be able to absorb most of the increase, however.

The five Central States anticipate a harvest of a little over 63 million bushels, less than their goal. This is due to reduced acreage and to poorer growing weather. However, the three Eastern States of Maine, New York and Pennsylvania will harvest over 133 million bushels this year, an increase due to ideal growing weather and larger acreage.

### A job for all....

Maybe you're wondering if the American homemaker is expected all by herself to solve the problem of preventing waste of potatoes. The answer is, "No"; restaurants are featuring potatoes on their menus, serving them more often and in more ways; many potatoes will be used in the School Lunch Program, and by approved institutions....although these two channels are usually first supplied with locally abundant foods. The Potato Loan Program will encourage storage of potatoes wherever this is possible.

Every effort is being made to export a part of this crop. Canada won't be as good a customer this year as last, because she has an adequate supply of potatoes this year. And, of course, military requirements aren't as great as heretofore. About 11 million bushels of potatoes will be diverted to the manufacture of starch, and there may be further industrial uses....for alcohol, meal, and flour.

Homemakers' help is important....

The family dinner table is the principal outlet for potatoes, however, so you'll be helping to solve the potato problem, and also benefiting the meal-planner when you suggest increased use of potatoes throughout this month.

POTATO POINTERS

Potatoes are a good source of vitamin C, contain some B vitamins, iron and other important minerals, and starch. Mealy, flaky potatoes are good for baking and mashing. Waxy varieties are best for salads and for creaming, since they hold their shape. Save the food values of potatoes by baking or boiling them in their skins. Boiling conserves more vitamins than baking.

For every meal....

Potatoes lose some of their nutritional value in soaking; if they must be peeled ahead of time, put them in salted water. The longer they stand exposed to air, the more vitamin C they lose. Left-overs should be covered and kept in a cool place until used.

Plan on potatoes for every meal of the day....potato pancakes for breakfast.... potato puff or potato soup for luncheon....potatoes baked or boiled, mashed or hashed brown for dinner.

FALL SALAD BOWL

The latest report on vegetables indicates it should be easy to toss together a delicious green salad bowl for autumn luncheons and dinners, using entirely vegetables which are in good supply right now.

There's crunchy cabbage galore....crisp celery in fine supply....pungent onions... and plenty of peppers (green) to add brighter color as well as flavor.

Vegetable variety....

Then, for good measure, the vegetable variety now so abundant includes beets and cauliflower. The latter can make its appearance raw in that salad bowl, you know, as the little flowerets are delicious au naturel. As for the beets, let them lend their attractive color to this fall salad. Dice them or cut them in strips, after cooking, and scatter them over the top, or mix them in at the last moment, so they won't stand too long and color all the other vegetables.

As a main course at luncheon, or a side issue at dinner, the homemaker should make the most of the fall harvest of fresh vegetables.

TREAT YOUR REFRIGERATOR KINDLY

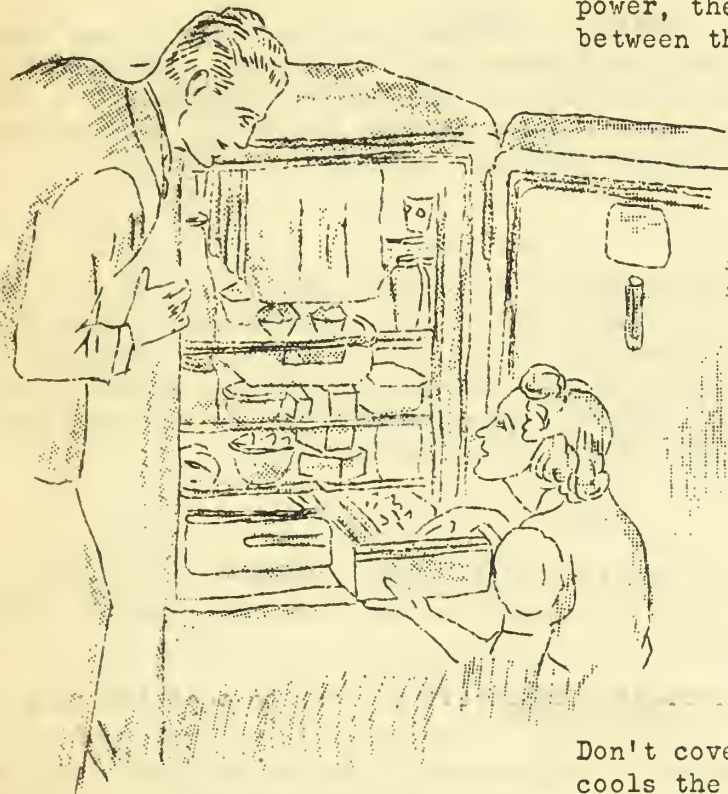
Apropos of the story on household appliances in last week's RADIO ROUND-UP, here are some tips from USDA's home economists about proper care for your refrigerator. You'll remember we passed along the warning of our research people that it may be some time....from six months to a year....before all the orders for new refrigerators can be filled. Therefore, it's up to homemakers to take good care of the old one, so that it will give the best possible service.

Here are some important suggestions:



Keep it cool and on the level....

Make sure the refrigerator is in the coolest convenient spot in the kitchen, and also that it's level. It should be out of the sun, away from radiators, hot-air registers, and the kitchen stove. If electricity, gas or kerosene provide the power, there should be at least  $2\frac{1}{2}$  inches between the back of the cabinet and the wall, and from 8 to 12 inches of open space above....unless there's a special flue to provide ventilation. Air must circulate freely to carry away the heat from the refrigerator.



Keep it at the right temperature..

The temperature of the refrigerator should not be higher than 50 degrees, but only the freezing compartment needs to be colder than 40 degrees. If in doubt, check with a reliable thermometer.

After quick-freezing be sure to turn the temperature control back to normal setting immediately. If it's an ice refrigerator, keep the ice compartment well-filled.

Don't cover the ice to save it....because it cools the refrigerator only as it melts. Open

the door only when necessary, and shut it promptly, as warm air entering raises the temperature.

Defrost regularly according to directions....

Don't put off defrosting until the frost becomes thick on the evaporator, because this slows down the cooling of food. Defrosting should be done before the frost is a quarter of an inch thick. To hasten the proceeding, remove the ice-filled trays; if recommended by the manufacturer, you can speed it up still more by keeping the trays filled with hot water during defrosting.

Keep refrigerator clean....

Wipe up spilled food at once; avoid putting acid food, such as tomatoes or lemons against the enamel finish. Guard the rubber seal around the door against food or grease. When you defrost is a good time for cleaning.

To clean the inside, dissolve one level tablespoon baking soda in each quart of warm water used. Be sure to wash both inside and outside of cooling unit too. Water and soap, instead of soda, should be used to wash the rubber seal, also the shelves, drip pan, ice trays and the fruit and vegetable containers. Never use harsh, scratchy cleaning powders. Mild soapsuds should be used for cleaning the outside too, and for the metal trim. Finish by rinsing and drying.

Check thoroughly....

If it's an ice refrigerator, don't forget the drain pipe and trap. They should be cleaned thoroughly every few weeks. Once a week, flush out the drain with warm water and soda.

Keep the condenser free from dust and lint. In some refrigerators it may need cleaning every month; in others once in 6 months will be enough. The condenser is located at the back of the refrigerator or in the motor compartment. A stiff brush or the dusting tool of the vacuum cleaner is best for this. An electric refrigerator always should be disconnected before this job is done.

Take care of repairs promptly....

If your refrigerator suddenly stops running, first check the fuse. If it's only a blown fuse, you can replace this yourself. If repairs are necessary, have them made only by an authorized service company. Whenever an electric refrigerator is not to be used for some time, disconnect it. For gas or kerosene models, turn off gas or shut off oil. Remove food, defrost, clean cabinet, leave ice cube trays empty on shelves, and leave the door of the refrigerator ajar.

Whether it's old or new....

And don't forget that all these precautions apply just as much to that new refrigerator, as soon as you get it....in order to insure a long, useful life.

SUGAR SCORE

Sugar is now coming into the eastern shortage areas in better amounts, with the unloading of previously strike-bound ships, and as American ships start plying between Atlantic ports and Cuba and Puerto Rico. It will take a bit of time for supplies to catch up with demand, as a lot of ration evidence has been backing up the last few months. Sugar will continue scarce in some western areas that depend on Hawaii for supplies, until the strike there is settled.

Keep conserving....

There is very little chance of larger sugar rations until next April, when the yields in Cuba and Puerto Rico will be pretty well known and the Louisiana-Florida cane harvest will be in. The Philippines can not be counted on for sugar next year, because the cane plantations burned to the ground during the war will require additional time to get back into production.

MEAT ON THE MARKET

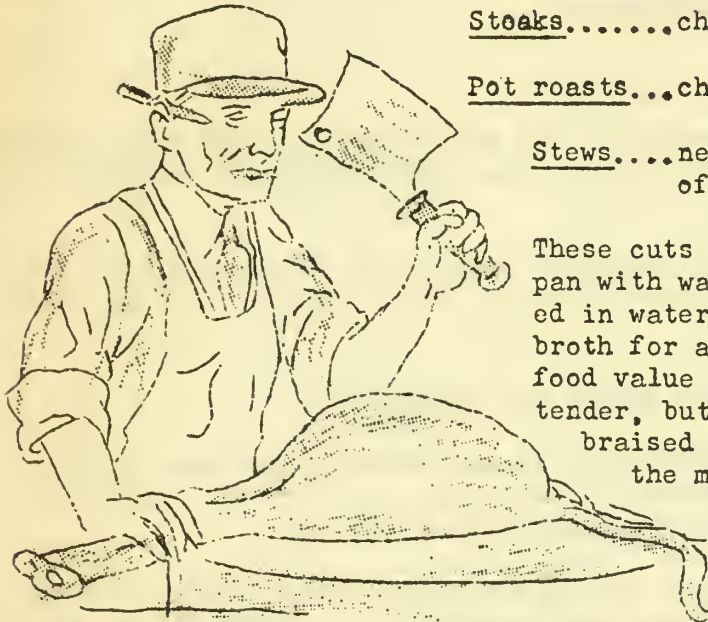
Last week, Federally inspected slaughter plants produced more beef and pork than at any time since meat was decontrolled. With more meat now on the market.... particularly beef....the family purchasing agent can shop once again for the cuts that will best fit her pocketbook.

It's well to remember that the less tender cuts of beef make up about three-fourths of the carcass. Therefore, the wise cooks will brush up on their knowledge of these less tender cuts, and their preparation, so that they can make good use of them. (Refer to October 25 RADIO ROUND-UP story "Look for the Grade".)



Cook long....and slowly....

According to the food specialists of USDA, these less tender cuts of beef are as follows, classified according to their use in cooking:



Steaks.....chuck, shoulder, flank, round, rump.

Pot roasts...chuck ribs, cross arm, clod, round, rump.

Stews....neck, plate, brisket, flank, shank, heel of round.

These cuts require long, slow cooking in a covered pan with water or steam. Incidentally, meat cooked in water or steamed is juicier if cooled in the broth for an hour or longer. To make the most of food value and flavor, cook meat until it is tender, but don't overcook. Stuffed roasts and braised or stewed cuts should be cooked until the meat is tender when speared with a fork or a skewer.

Vary the method....

The tougher cuts of meat can be ground and prepared in many delicious ways. In many families, ground beef always appears as plain meat patties or as meat loaf, but you might suggest to your listeners that there are other interesting ways of serving it. Hamburg steak with cream gravy is a fine cold weather main course....so is chili con carne.

And left-over cooked ground meat will please the family in croquettes, cabbage rolls, meat turn-overs, stuffed peppers....and good old-fashioned browned hash, than which nothing is better when it's properly prepared.

Soup specialties....

Don't overlook the soup pot when you're making use of the less tender cuts of meat, either. A large soup bone will furnish the basis for a delicious meat and vegetable soup; beef shank or neck, or some other similar cut, combined with vegetables and spices gives a savory bouillon; with two or three oxtails you'll have the beginning of a famous and flavorful soup.

Don't hesitate to recommend the less tender cuts of meat....a bit of care in their preparation will make them as delicious as most of the higher-priced steaks and roasts. And they certainly will make the meat dollars go further in any family budget.

DECEMBER PLENTIFULS

The foods that will be plentiful for the nation during December are: potatoes, onions, apples, pears, dried peaches, canned citrus juices and fresh and frozen fish (except shellfish). Filberts, almonds and cranberries will also be adequate to meet consumer demands.



### THE FISH PACK

Fresh and frozen fish which are in the plentiful classification will be called upon in the months ahead to supplement some of the demand for canned fish. Our supplies of canned fish are at least 10 percent below the pre-war level of 5 pounds per person and 7 percent below the 1945 pack.

#### No early improvement....

Landings of Pilchards (California sardines) and salmon were smaller than expected. Production of salmon, in fact, is the lowest since 1922. Only the tuna pack was substantially larger than in 1945.

There will not be much improvement in supplies until 1948. The reason for this is that even though the pack next year may be larger, it will take until the first part of 1948 to reach retail stores.

### BEST BUYS IN FRESH FRUITS AND VEGETABLES

Supplies of fresh fruits and vegetables in most key southwest markets decreased sharply this week as a result of unfavorable weather conditions for harvest and shipping, the Production and Marketing Administration reports.

The snowstorms in Colorado left Denver with practically no good buys available. Heavy rains elsewhere over the territory made impossible the movement of locally produced vegetables which in recent weeks have been among the best buys on the market.

Most grocers, however, had fairly good supplies of shipped-in produce. Onions and Irish potatoes continue to be the best buys, followed by cabbage and sweet potatoes. Apples are the best fruit buy, but popularity of grapefruit and oranges is growing as the season progresses.

#### "Best buys" at key markets....

ARKANSAS:	<u>Jonesboro</u> .....oranges, Irish and sweet potatoes, cabbage, home grown tomatoes, apples
	<u>Little Rock</u> .....Irish potatoes, onions, grapefruit, cabbage, apples
	<u>Pine Bluff</u> .....Irish potatoes, onions, turnips
	<u>Texarkana</u> .....Irish and sweet potatoes, onions, cabbage, turnips
KANSAS:	<u>Manhattan</u> .....apples, grapefruit, oranges, Irish potatoes, lettuce, celery, cabbage
MISSOURI:	<u>Kansas City</u> .....cooking apples, grapefruit, oranges, cabbage cauliflower, celery, onions, Irish potatoes, home grown vegetables

LOUISIANA: Baton Rouge ..... Irish and sweet potatoes, onions, Florida oranges and grapefruit, Louisiana green beans, lettuce, celery, cabbage

New Orleans ..... cauliflower, onions, tomatoes

Shreveport ..... Irish and sweet potatoes, onions, cabbage, apples, grapefruit, oranges

NEW MEXICO: Albuquerque & Santa Fe ..... turnips, carrots, celery, onions, Irish and sweet potatoes, apples, grapefruit

Gallup ..... apples, squash, Irish potatoes, onions

Las Cruces ..... onions, cabbage, carrots, squash, turnips, beets, apples, grapefruit, grapes

OKLAHOMA: Oklahoma City ..... apples, cabbage, grapefruit, lettuce, oranges, Irish potatoes, tomatoes

TEXAS: Austin ..... yellow onions, Irish and sweet potatoes, green beans, celery, mustard greens, rutabagas, Texas oranges and grapefruit, grapes

Dallas ..... Irish and sweet potatoes, yellow onions, carrots, celery, rutabagas, apples, Texas oranges and grapefruit

Fort Worth ..... Irish and sweet potatoes, onions, cabbage, green beans, bulk apples

Houston ..... Irish and sweet potatoes, cabbage, carrots, onions, greens, peas, apples

## RECIPE OF THE WEEK

Last week we sent you a leaflet containing several recipes for Irish potatoes. Here's another one from the Bureau of Human Nutrition and Home Economics, which should be an appropriate suggestion right now:

Scalloped liver and potatoes....

1 pound liver, sliced thin	1 quart thinly sliced potatoes
Salt and pepper	1 small onion, minced
Flour	1-1/2 cups milk
2 tablespoons bacon fat	

Salt and flour the liver and brown lightly in the bacon fat. Place a layer of the raw potatoes in a greased baking dish, sprinkle with salt and pepper, add some of the liver and onion, and continue until all are used. The top layer should be of potatoes. Pour on the milk, cover and bake for one hour in a moderate oven (350 degrees Fahrenheit), or until the potatoes are tender. At the last remove the cover and allow the potatoes to brown on top.





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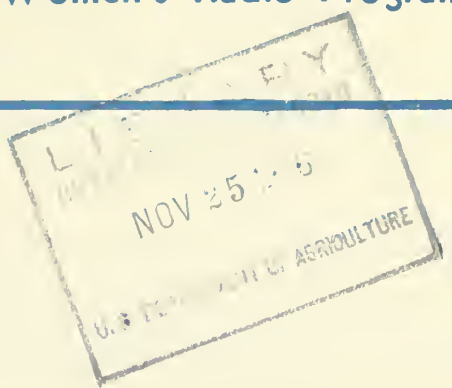
Southwest Edition

November 15, 1946  
No. 46



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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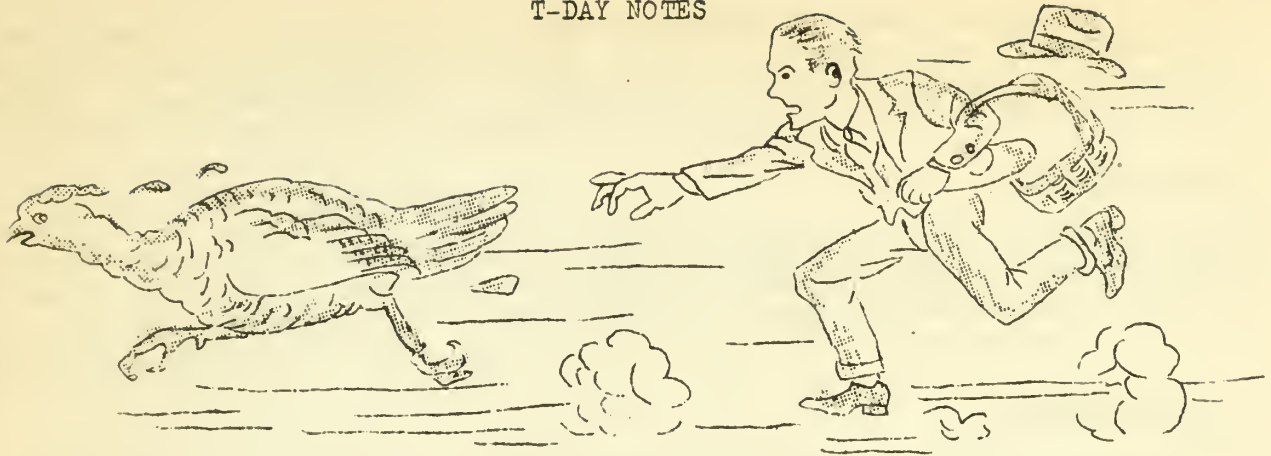
U. S. Department of Agriculture  
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## T-DAY NOTES



The big day is less than two weeks distant now... Turkey Day is the reference, of course. It's a good time to pass along to your listeners some final tips about the selection of the Thanksgiving turkey.

We've already pointed out (RADIO ROUND-UP November 1) the advantages of ordering a graded bird in advance. However, many people will doubtless just drop in at the market and pick out the turkey a day or two before Thanksgiving. If the shopper must rely entirely on her own judgment, it's a good idea for her to keep in mind some of the qualifications the Government graders consider when they're grading dressed turkeys. There are 35 points on which a bird is rated when these men are on the job... of which the average shopper surely should be able to remember two or three.

### A distinguished bird...

The bird should be fully fleshed, with a cover of fat over the entire body. A plump bird will provide plenty of white and dark meat, and the fat will assure its being tender and juicy. The care with which the birds have been dressed also should be taken into consideration. Bruises, abrasions, scuffs and broken bones lower the grade of a turkey, no matter how fat and fine it is.

It's worthwhile to make a careful selection of the piece de resistance of the Thanksgiving dinner... and to choose a turkey which will fill the position of honor with distinction.

## SWEETPOTATO SUGGESTIONS

The sweetpotato fits into the mealtime picture particularly well at this time of the year, especially at Thanksgiving, the traditional American holiday. As you may know, the sweetpotato is actually an Early American, found here by Columbus, and he carried it back to Europe as a proof of the wonders of the new world.

This is the time of year when plenty of sweets are in the markets, so it's a good time to give your listeners general information about them... also to pass along a few cooking suggestions from the food specialists of USDA. They say, by the way, to remember that sweetpotatoes are not particularly good keepers in the home pantry, so it's better to buy them in small lots and use them promptly.



Families which grow their own should use up the early crop first and store the late varieties, since these keep better. Provide a dry storage place... not too hot and not too cold... about 55 to 60 degrees is the right temperature. Sweet-potatoes should be sorted and handled carefully, as they're easily bruised.

#### Valuable Food...

The golden sweetpotato is a prize package of food values. It's a rich source of vitamin A, also provides worthwhile quantities of vitamin C, and small amounts of the B vitamins and minerals. It provides more food energy than the white potato... a medium-sized sweet gives about 150 calories to the white potato's 100.

#### Cooking Comment...

It's better to cook sweetpotatoes in their jackets. The thin skin of the cooked sweet is easy to remove, and it takes less of the goodness with it. As you know, most recipes call for cooked sweetpotatoes anyway. If you do peel them first, the skin should be peeled very thin, just before using, and the pared potatoes placed in salted water, to keep them from darkening.

#### Serving Suggestions...

Candied sweets are popular with a great many people, and now while sugar is short, here's a recipe for preparing them in this way which calls only for corn sirup or honey. For six servings, take six medium-sized cooked sweetpotatoes, slice or cut them in halves and arrange in a shallow greased baking dish. Dot each layer with fat and sprinkle with salt. Pour over the top a cup of corn sirup or honey; bake in a moderate oven 15 to 20 minutes, basting frequently with the sirup. Sweetpotatoes can be candied in a frying pan on top of the stove, if you prefer. Low heat should be used, so they won't scorch.

#### Sugar saver...

Glazed sweetpotatoes aren't quite as sweet, and here's an easy way to prepare them. Honey, corn or maple sirup, or molasses may be used. In preparing these, the potatoes should be pared first, cut in half, and dropped into just enough boiling salted water to cover them. For each potato, add one to two tablespoons of the desired sweetening, plus one teaspoon of table fat. Cover and boil until the potatoes are tender. If the liquid hasn't cooked down enough by the time they're tender, remove the cover and boil rapidly until a sirup is formed. Baste the potatoes occasionally with the sirup.

#### Naturally sweet...

If only the natural sweetness of the potato is desired, here's an interesting way of serving them... roasted sweetpotatoes. Place the peeled raw sweets around the meat in the roasting pan during the last hour or so of cooking. Turn and baste them occasionally with meat drippings. The length of time will depend on the size of the potatoes, and whether or not they're covered with a lid.

Your own recipe files doubtless contain many sweetpotato recipes... sweets with apples, sweetpotato patties, biscuits, puff... and the delicious dessert variations... sweetpotato pie and custard. Their versatility makes sweetpotatoes a great help to the meal-planner, so she'll be wise to make full use of them during the fall and early winter.

## THE "A" IN KALE

There's some news about kale, that dark-green leafy vegetable which is a popular member of the greens family. It's been discovered that the carotene from kale is utilized by the body even better than the carotene from carrots. As you know, carotene is the orange-yellow pigment which the body converts into vitamin A... and carrots are the richest in this respect of all the common vegetables. Kale contains more than half as much carotene as carrots, and tests made on laboratory animals by chemists of the Bureau of Human Nutrition and Home Economics show that the body will convert two-thirds of the carotene in cooked kale to vitamin A.

### Cooking notes...

The nutrition specialists of the Department advise that kale be cooked in just enough boiling, salted water to prevent sticking, and only long enough to make the leaves tender. They also suggest panning as another method of cooking kale... steaming it in a little melted fat in a flat, covered pan until it's tender. While the carotene in kale won't be affected by either heat or long cooking, its other nutritional assets should be guarded. For instance, some of its vitamin C can be destroyed by long cooking, and if much water is used, part of the calcium and iron which kale contains will escape in the water.

### Supply sources...

Incidentally, the marketing specialists of USDA tell us that the bronzed or brownish appearance of some kale is probably brought about by cold weather during the growing period. While it isn't as attractive as the normal dark green color, the flavor is usually not harmed.

Kale is better known in the East than in the western part of the country. The supplies on the market at this time come mostly from Virginia, Long Island and New Jersey, and the price should be fairly reasonable.

## "KID-GLOVE" ORANGES

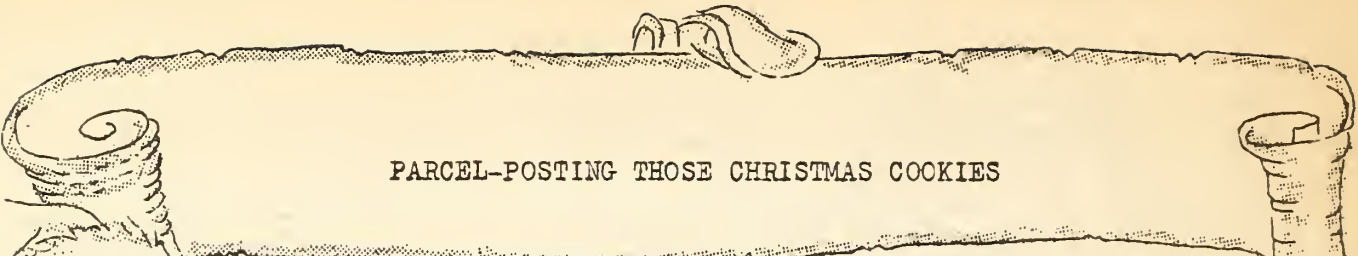
Along with more oranges and grapefruit (see "Citrus Fruit Forecast" on page 7)... come the first tangerines of the season. Though never as plentiful as the bigger citrus fruit, supplies are now moving from Texas and Florida... and homemakers should find them soon on grocer's shelves. This "kid-glove" orange, as the tangerine is sometimes called, has a high popularity rating for breakfast appetizers... for use in lunch boxes and fruit bowls... or just for plain in-between meal eating. It fits in the menu almost anywhere an orange would. In fact, the tangerine has been compared to a sweet orange done up in a different wrapping.

### Selection tips...

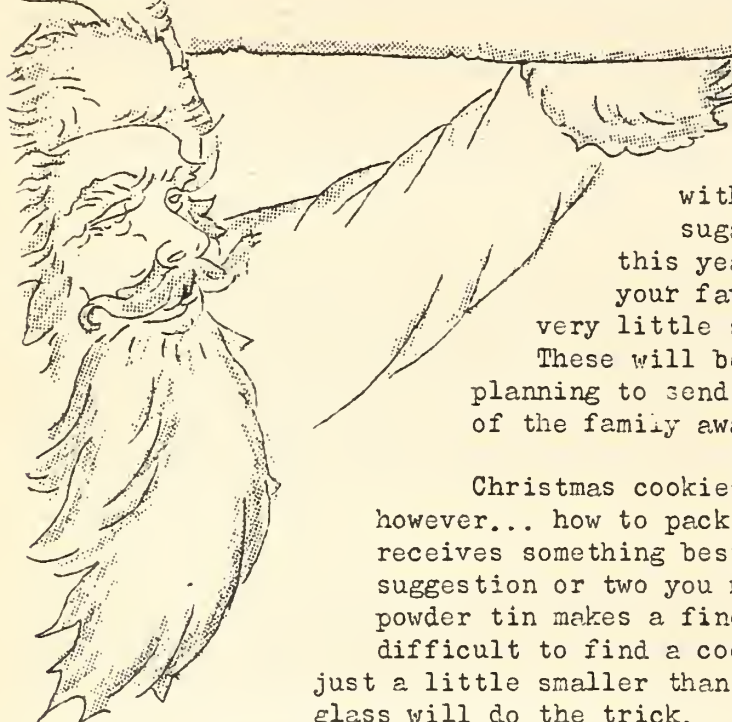
A good tangerine, like a good orange, is fairly firm and has a fine-textured skin. But because the skin is loose, even good tangerines may feel a bit puffy. So the best way to judge is to choose fruit that feel rather heavy for their size... that means they're juicy. And, as a rule, the deeper colored ones are the best flavored.

A dainty fruit that boasts easy peeling and easily separated sections plus a delightful taste appeal, the tangerine has an aristocratic background. It was known in China 4000 years ago under the name of mandarin... and sometimes it's still called that.





## PARCEL-POSTING THOSE CHRISTMAS COOKIES



You probably have Christmas cookies on your mind (along with other things) these days, since the sugar shortage makes them a problem again this year. You're doubtless looking up all your favorite recipes for making cookies with very little sugar, or with some other sweetener. These will be a real help to your listeners who are planning to send such sweet treats to friends or members of the family away from home.

Christmas cookies present a problem in themselves, however... how to pack them for mailing so that the addressee receives something besides a box of crumbs! Here's a suggestion or two you may like to pass along. An empty baking powder tin makes a fine container for cookies. It isn't difficult to find a cookie cutter that will shape the dough just a little smaller than the circle of the tin. A small water glass will do the trick.

### Pack firmly...

When it comes to refrigerator cookies, the dough can be rolled in waxed paper and chilled right in the tin. It might be well to warn the cookie-maker who's doing this to allow a bit of extra space for the spreading of the cookies in baking. If the can of cookies is to be part of a larger package, pack it firmly so it won't rattle around. Shredded paper or other filler material should be used.

Brownies, drop cookies and small fruit bars will stand a journey better than the wafer-thin varieties. In packing a box of any of these, it's a good idea to line them up on their sides, instead of piling them flat, one on top of another. This will keep them from breaking up too badly, as a rule.

### Cake comments...

The most satisfactory traveler among cakes is the delectable fruit cake, as you doubtless realize. The large quantity of fruit it contains helps to keep it moist. If it's baked right in the tin in which it's to be mailed, the fruit cake will usually arrive in fine condition. Be sure to get a tin with a tight-fitting lid. After the cake is baked and cool, cover the top with waxed paper, fill up any spaces so that it will be rigid, then put the top on. Sealing it around the edges with adhesive tape will help to keep it fresh.

### Appeal from the Post Office...

The Post Office Department is making its annual plea for careful packing and addressing and early mailing. There's a great deal of loss every year in food



packages so poorly packed that they come apart before they reach the addressee. And those which are incorrectly addressed often are long delayed, causing disappointment all around. Early mailing helps to cut down the last-minute rush and enables the Post Office to give better service.

If the packages are marked plainly to indicate that they're Christmas gifts, there's always at least a chance that the recipient will follow the hands-off policy until the big day!

#### THE FOOD PICTURE

Here's a general summary of the national food situation, as of November 1st, based on the latest report from USDA's Bureau of Agricultural Economics.

Food supplies will be relatively large during the next few months, with the principal exceptions of sugar, fats and their products.

Supplies of some foods, including chicken, eggs, butter and other fats, dried prunes and raisins, and sales of fluid milk, will be somewhat smaller during the next few months than they were in the latter part of 1945. However, larger quantities of other foods will be available, and these include cheese, evaporated milk, canned and frozen fruit, apples, citrus fruits, cranberries, grapes, canned and frozen vegetables, potatoes, dried milk, corn food products and canned fish. Other foods will be in about the same supply as in the latter part of 1945.

#### Price trends...

As for retail food prices, these will average materially higher than a year ago, as a result of the decontrol of most food prices, elimination of subsidies, and record consumer incomes. Exceptions to this are expected to be fresh citrus, apples, fresh vegetables and potatoes. As you know, the only food items still under price controls are sugar, sirups and molasses, and rice.

#### Anderson asks top food production...

In this connection, there's little question about the continuing need for careful use of food, looking at the picture from the over-all, world-wide point of view.

Secretary of Agriculture Clinton P. Anderson made this clear in announcing the national farm production goals this week. He pointed out that farmers face a fourfold task next year... producing to meet the needs of strong domestic demand and to supply some of the foods and other farm products still badly needed in war-devastated areas... also starting to build up reserves of certain commodities, and working toward a sounder program of proper land use and soil conservation.

#### Severe world shortages exist...

Explaining that it is considered necessary to maintain high production levels next year, in spite of the drain they will place on our soil resources, the Secretary said:

"At the same time, in view of the severe world shortages of such commodities as fats and oils and sugar, the more our farmers can increase domestic production, the less our requirements will have to be met with abnormal supplies from other countries, and the more other shortage areas will have available."

## EGG COMPARISONS

Egg prices hit the high note of the year in the fall months... hens are not producing in quantity and the pullets are just beginning to lay. However, there are egg bargains if the consumer will look for them.

It seems that we prefer to buy Large or Extra Large white eggs. Right now they're moving off the market first, while Medium size and Small eggs, which have been lower in price in proportion to the food quantity represented, are more plentiful.

### Figuring a bargain...

Consumers should have no difficulty in recognizing these egg bargains if they know a bit about the weight of the different sizes of eggs. A dozen Large eggs weigh at least 24 ounces. The Medium size weigh 21 ounces a dozen, and the Small (or pullet) eggs 18 ounces.

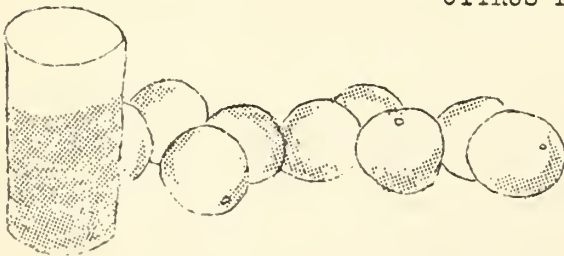
Let's follow this up with a little arithmetic. A dozen pullet eggs average three-fourths the actual food quantity of a dozen large eggs. Therefore, they represent the same money value when their price per dozen is three-fourths that of Large eggs. They're a better buy whenever their price per dozen is less than three-fourths that of Large eggs.

### Color doesn't matter...

The same general method applies in determining the value of Medium eggs as compared with Large ones. If the price per dozen for Medium size eggs is one-eighth less than the price of Large eggs, the buyers are getting the same amount of food value for their money. Whenever the price of Medium size eggs is lower by more than one-eighth of the price of Large eggs, the buyer is getting a bargain.

Brown eggs are a bargain at any season if the price is lower than the price of white eggs of the same size, because the food value of eggs is the same whether the shell is brown or white.

## CITRUS FRUIT FORECAST



Many areas will soon be seeing more Florida oranges on the fruit stands... growing conditions continued favorable during October, and record crops are on the way. The same is true of Texas oranges too. These will be especially welcome right now, because California is ending the Valencia season, and the Navels are

just starting to appear. With the volume that's beginning to move to market, these oranges should be fairly reasonable in price.

### Juicers...

Those of you in areas where Florida fruit is marketed might like to remind your listeners that the Floridas are especially fine for juice.

And here's a hint from the fruit marketing specialists in this connection. They suggest that you roll oranges around between your hands, or on the kitchen table

before squeezing them. This helps to break down the juice sacs, thus increasing the amount of juice you'll get from the fruit.

A record for grapefruit...

The grapefruit crop is also at a record high, but prospects are for a slight decrease in the lemon supply. The present crop is estimated at 4 percent less than that of 1945-46, although it's 11 percent higher than the 1944-45 crop.

BEST BUYS IN FRESH FRUITS AND VEGETABLES

Fresh fruit and vegetable supplies at key southwest markets decreased and prices of many items advanced during the past week, reports the Production and Marketing Administration. The recent unfavorable weather ruined many local vegetables and reduced movement of others, so that best buys generally are shipped in, with Irish potatoes and onions at the top of the list. Sweet potatoes are a fair choice, along with carrots and celery.

Apples are the best fruit buy, followed closely by oranges and grapefruit, which grocers say are plentiful, of good quality and low-priced.

"Best buys" at key markets...

COLORADO:	<u>Denver</u> .....	apples, Pascal celery, grapefruit, Emperor grapes, onions, Texas oranges, Irish and sweet potatoes, acorn squash, carrots
KANSAS:	<u>Manhattan</u> .....	Irish potatoes, apples, oranges, celery, tomatoes, lettuce
MISSOURI:	<u>Kansas City</u> .....	apples, Florida and Texas oranges, homegrown spinach, mustard, beets, turnips, green tomatoes, celery, cabbage, parsley, parsnips
LOUISIANA:	<u>Baton Rouge</u> .....	Irish and sweet potatoes, onions, oranges, grapefruit, apples, lettuce, celery, cabbage, Louisiana green beans, Louisiana cauliflower
	<u>Shreveport</u> .....	Irish and sweet potatoes, onions, turnips, greens, apples, oranges, grapefruit
	<u>New Orleans</u> .....	onions, grapefruit, Irish potatoes
NEW MEXICO:	<u>Almagordo</u> .....	Irish potatoes, lettuce, carrots, onions
	<u>Gallup</u> .....	onions, Irish potatoes, apples
OKLAHOMA:	<u>Ada</u> .....	onions, Irish and sweet potatoes, peppers, cabbage, tomatoes, beets, turnips, carrots, spinach, cauliflower, celery, grapes, lettuce, cranberries
	<u>Ardmore</u> .....	oranges, grapefruit, Irish potatoes, onions
	<u>Enid</u> .....	Irish potatoes, celery, onions, tomatoes, cauliflower, apples, cranberries, carrots, turnips



Lawton.....Irish potatoes, cabbage, onions, cauliflower,  
carrots, parsnips, turnips, tomatoes, apples,  
oranges, lemons, grapefruit, grapes, bananas

McAlester.....Irish and sweet potatoes, mustard, turnips,  
carrots, cabbage, apples, onions

Oklahoma City.....apples, cabbage, carrots, cauliflower, lettuce,  
onions, Irish potatoes, tomatoes

Tulsa.....grapefruit, oranges, spinach, Irish potatoes

TEXAS:

Amarillo.....grapefruit, Texas oranges, Irish potatoes,  
onions, apples

Austin.....Irish and sweet potatoes, onions, green beans,  
mustard greens, Texas oranges and grapefruit,  
celery, grapes

Dallas.....Texas oranges and grapefruit, apples, Irish  
and sweet potatoes, onions, celery, carrots.

Fort Worth.....Irish and sweet potatoes, yellow onions,  
cabbage, carrots, bunched greens, Texas oranges,  
grapefruit, bulk apples

Houston.....Irish and sweet potatoes, cabbage, carrots,  
onions, greens, peas, apples

PLENTY OF SAUCE

Cranberries recently have climbed into the list of best buys at several markets... a gratifying note as Thanksgiving approaches. The crop is large this year, and supplies are plentiful. It's an excellent time to suggest cranberry jelly and jam, cranberries for the fruit in muffins or steamed pudding, cranberries in punch, cranberries as part of the fruit in mock cherry or mince pie... and other cranberry recipes your files may contain.

Of course, canberry sauce to garnish the holiday turkey is the traditional use to which these little red berries are put about this time of the year. And if sugar is keeping the homemaker from serving generous amounts, the recipe for uncooked relish given in RADIO ROUND-UP on September 13 will solve the problem. For your convenience, here it is again:

Uncooked relish...

- 1 pound of cranberries
- 1 orange
- 1 cup of sugar, honey or corn sirup

Wash and drain the berries, picking out any that are shriveled or spotted. Wash the orange, cut into quarters, and remove the seeds. Put the whole business... berries and orange with the rind left on.. through the food chopper. Then add the sweetening and about a quarter teaspoon of salt. For variation, add either a cup of chopped celery or a cup of chopped apples... gives a delightfully crunchy texture.

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**Southwest Edition**

November 22, 1946  
No. 47



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

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U. S. Department of Agriculture  
Radio Service

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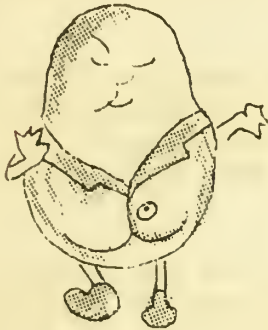
Information Service -- Southwest Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
423 Wilson Building, Dallas 1, Texas





## POTATO PROMOTION

We've talked a lot about potatoes this fall, and the latest crop report (November 1 conditions) prompts a few more comments on the subject. It appears that we'll have nearly 7 million bushels more potatoes than were estimated on October 1. This means the crop will exceed the previous all-time record by 13 million bushels.



As we told you in a recent issue of RADIO ROUND-UP, storage is a real problem, so it's important to make good use of potatoes right now, in order to avoid wasting this valuable food.

### Companion for left-overs...

In making your Thanksgiving dinner suggestions during the next week, don't overlook suggesting various ways for cooking potatoes. The popular mashed potato is a great favorite, especially as a foundation for that good turkey gravy. Beautifully browned roast potatoes, cooked in the pan with the turkey during the last hour or more of roasting, are equally good, however.

When it comes to using up the turkey left-overs (or chicken, or what have you) consider potato cakes as an accompaniment for creamed turkey... or a potato crust to top off a casserole dish of turkey. Potato puff would look very glamorous, alongside a platter of cold sliced turkey... and a dish of potato salad, either hot or cold, would make a mighty fine running mate for cold turkey too.

### "Creamed" variations...

Creamed potatoes are an old standby in most families, and the homemaker can make them look newly alluring by stirring in some cooked peas and carrots, or a bit of chopped parsley, just before serving. And for a different flavor, a little onion or cheese may be grated into the cream sauce.

All these suggestions come from the USDA bulletin "Potatoes in Popular Ways", which you doubtless have in your files.

## RICE RESUME

It's still a case of taking it easy so far as rice is concerned, according to the latest release on the world rice crop. World production for 1946-47 is larger than last year, but still the quantity of rice available for world trade in 1947 is expected to continue at low levels. This is due to small crops in former exporting countries. USDA's Office of Foreign Agricultural Relations estimates total world output at 6 billion 900 million bushels, compared with 6 billion 300 million the previous season, and 7 billion 400 million before the war.

### World scarcity...

As you know, rice is one of the three foods remaining under price control. The reason for this is its scarcity as a world commodity. We have promised to allocate certain quantities to countries where rice is an important article of diet. If it were not for price control there would be terrific competition for the available supplies, which in turn would force the price up.

### BACK WITH A WHIP

Since Wednesday (November 20) dairies have been permitted to resume sales of whipping cream. Thus, the war food order which has banned sales of heavy cream to consumers since July has been terminated in time to permit purchases of this specialty for the Thanksgiving dinner.

#### The background...

The order applied only to cream with a butterfat content of more than 19 percent and was issued principally to make more butterfat available for butter. Now that the lowest seasonal period of milk production is passing, it's thought that the lifting of the ban will not drain off too much heavy cream from the manufacture of butter.

Another thing, cream used for whipping cream usually comes from the areas that supply the fluid milk market. Fat for butter comes chiefly from the manufactured milk areas... Michigan, Wisconsin, Minnesota, the Dakotas, Nebraska and Iowa. These areas are the principal suppliers of the nation's butter and other such manufactured dairy products as cheese and evaporated and condensed milk.

#### It meant more butter...

The order stopped outside markets from coming into these areas for whipping cream during the low production period, and thus kept the cream for manufactured products.

It's estimated that the amount of butterfat conserved by the whipping cream ban meant several million more pounds of butter per month since July than we would have had without the order.

### EGGS BY GRADE

Last week in ROUND-UP we told how consumers could find egg bargains by buying the smaller sizes of eggs. We follow this up now with a mention of the wide range in prices among the various grades. In many large cities, the current retail price spread between Grade A and B eggs of the same size ranges from 11 to 17 cents a dozen. A spread of 12 to 20 cents a dozen also exists between prices of Grade A and Grade C eggs of similar size on the markets; the range in prices of Grade C under Grade B has been from 4 to 8 cents.



Consumers who take advantage of these variations, by purchasing eggs according to grade for specific table or cooking purposes, can make worthwhile savings.

#### Right grade for the right purpose...

Grade AA and A eggs are the most satisfactory for boiling, poaching or frying. When broken out of the shell, eggs of these grades show firm, well-rounded yolks and thick firm whites. Grade B and Grade C eggs, which can be obtained for less money, are entirely satisfactory for many cooking and baking purposes. The yolks in these grades are somewhat flattened and the whites are usually considerably thinner than in the higher grades. There is no difference in food value among the grades.



## THE HOLIDAY BERRY

Even though we think of the cranberry as being typically American... as American as the turkey we'll be serving it with next week, there are three varieties of this fruit which grow in Northern Europe and Asia... also a South American cousin that's often mistaken by tourists for the American cranberry. According to USDA's Office of Foreign Agricultural Relations, the latter is red or reddish-purple in color, is intermediate between the cranberry and blueberry in sweetness, and is often seen in the markets of Colombia, Ecuador, Venezuela and northwest Brazil.

### Historical data...

Getting back to the American cranberry... did you know it was being used by the Indians as a relish, served with venison, when the first colonists landed on Plymouth Rock? Friendly Indians showed the new settlers how to find and use it. Incidentally, the name cranberry... or craneberry... refers to the resemblance of the bud and stem to the head and neck of a crane.

Cranberry culture started in Massachusetts about 1810, when Captain Henry Hall transplanted some vines to his garden. Now the famous cranberry bogs of Cape Cod produce about 70% of the world supply. The following states come next in cranberry production, in order of importance: Wisconsin, New Jersey, Washington and Oregon.

### Production expense...

Their culture is a highly technical enterprise, but growers consider the money invested in bogs tolerably safe. It's easy to get information about raising them, and the plant is easy to cultivate. The process of bringing them into bearing makes them one of the most expensive fruit crops, however.

On the decorative side, a single potted cranberry plant makes a striking picture, particularly at the holiday season. Any many of us remember the beauty of cranberry garlands on the Christmas trees of our childhood.

### Food variations...

When it comes to food, as we mentioned in last week's RADIO ROUND-UP... cranberries are delicious in sauce or jelly, as a beverage, in muffins, steamed pudding, and mixed with the fruit in mock cherry or mince pie.

## MEAT PRESERVATION AT HOME

This is the time of year when one of the chief activities in many farm homes is the slaughtering of meat animals. The preservation of some of this meat for home use helps to spread the supply through the year... also makes meal preparation easier for the busy homemaker.

You broadcasters whose programs extend into the rural areas may like to tell your listeners about three USDA publications which give valuable information on meat preservation.

### Canning helps...

"Home Canning of Meat" is a 16-page bulletin which gives complete details about canning meat and poultry, in both tin and glass. It is well illustrated with



drawings and photographs, which show every step of the process. It also contains canning timetables, and directions for storage of the canned meat.

This booklet points out that beef, veal, mutton, lamb, pork and rabbit are all successfully canned at home, and so are chicken, duck, goose, guinea, squab and turkey. The meat of large-game birds may be canned like beef; that of game birds and small-game animals like poultry.



#### Some don'ts...

A warning is given against canning the following mixtures at home: chile con carne, hash and stews made with vegetables, head cheese, liver paste, pork and beans, scrapple, and soups made with cereals and vegetables. Commercial canners are sure of success with these items, because they have the equipment that's needed to check their results. The home canner will find it safer to can each food by itself and combine when ready to serve. The number of this bulletin is AWI-110.

#### Home freezing...

"Freezing Meat and Poultry Products for Home Use" is a bulletin which gives instructions about preparing beef, pork and lamb for freezing... also poultry, eggs and fish. It points out that freezing is an excellent means of preserving these foods, because most of the original goodness of fresh foods can be preserved, if the proper methods are used. If not processed and stored correctly, however, even foods that are hard-frozen will dry out and lose quality and food value.

The folder was prepared in the interests of food conservation for farm families and others who use frozen-food lockers, or who have home freezing cabinets. Its number is AWI-75.

#### Curing...

"Curing Pork Country Style"... is a more specialized bulletin, as its name indicates. It gives curing directions which if followed, will result in sound, palatable hams and bacon. This folder contains instructions for the dry cure, the brine cure, for smoking cured pork, storing smoked pork, etc. Its number is AWI-108.

You are at liberty to offer these bulletins, free of charge, to your listeners, telling them to specify the name and/or number in ordering. You may send any requests you receive to Radio Agriculture, Washington 25, D. C., or tell your listeners to order directly from this address, if you prefer.

#### **BEST BUYS IN FRESH FRUITS AND VEGETABLES**

Grapefruit and oranges climbed high on the Production and Marketing Administration's list of best fresh food buys this week. Supplies increased and prices are as reasonable<sup>as</sup> for apples, cabbage, sweet potatoes, carrots and celery, which are among the week's best buys. Irish potatoes lead the list, with onions a close second.

"Best buys" at key markets...

ARKANSAS:      Jonesboro.....onions, Irish potatoes, oranges, apples, cabbage  
                  Little Rock.....Irish and sweet potatoes, cabbage, onions, apples, grapefruit

COLORADO:      Denver.....apples, loose carrots, Pascal celery, grapefruit, oranges, grapes, onions, Irish and sweet potatoes, squash

KANSAS:        Manhattan.....Irish potatoes, cabbage, carrots, apples, oranges, grapefruit

MISSOURI:      Kansas City...., homegrown squash, turnips, beets, leaf lettuce, spinach, mustard, shipped in celery, cabbage, Irish potatoes, rutabagas, onions, grapefruit, oranges, cooking apples

LOUISIANA:     Baton Rouge....Irish and sweet potatoes, onions, oranges, grapefruit, apples, cabbage, lettuce, celery  
                  New Orleans....oranges, grapefruit, Irish potatoes  
                  Shreveport.....cabbage, onions, Irish and sweet potatoes, oranges, apples

NEW MEXICO:    Alamogordo.....Irish potatoes, onions, carrots, peppers, cabbage  
                  Gallup.....apples, bananas, grapefruit, Irish potatoes, onions

OKLAHOMA:      Enid.....apples, grapefruit, Irish and sweet potatoes, onions, green beans, cauliflower, celery, carrots, turnips  
                  McAlester.....Irish and sweet potatoes, carrots, mustard, grapes, apples, onions, cabbage  
                  Oklahoma City...apples, beans, cabbage, grapefruit, onions, Irish potatoes, squash, tomatoes

TEXAS:         Amarillo.....grapefruit, Texas oranges, Irish potatoes, onions, bulk turnips, bell peppers  
                  Austin.....Irish and sweet potatoes, Texas grapefruit and oranges, onions, celery, carrots  
                  Dallas.....oranges, grapefruit, apples, Irish and sweet potatoes, Texas carrots, green pepper, celery, rutabagas  
                  Fort Worth.....Texas grapefruit, oranges, sweet potatoes, onions, bell peppers, bulk apples  
                  Houston.....Irish and sweet potatoes, cabbage, carrots, onions, greens, apples.



## THANKSGIVING HISTORY



Here's a little historical data about Thanksgiving, which may be of interest to you as program material.

Thursday, November 28th, is our three hundred and twenty-fifth Thanksgiving Day. The first Thanksgiving, by the way, was a celebration held by the Pilgrims right after the first harvest in November, 1621, and lasted for three days.

### Pumpkin pie...

The first New England pumpkin pie wasn't really a pie at all. It was made by slicing off the top of the pumpkin, scooping out the seeds, filling it with milk and spices, and sweetening the mixture. The pumpkin was then baked in hot ashes in the brick oven, and the filling eaten from the shell with a spoon. The name the colonists used for the pumpkin was "pompion".

Mrs. Sarah T. Hale, editor of the famous "Godey's Lady's Book" was the one responsible for a national celebration of Thanksgiving. She wrote many editorials on the subject, sent personal letters to each of the Governors and the President, and finally was successful in her campaign. In 1863, President Lincoln issued the first proclamation for a national Thanksgiving day.

## SUGAR VARIATION

If you've bought some sugar recently (lucky you) which was slightly yellow in color and rather coarse in quality, don't think this is the form of sugar to come. It's a temporary measure taken by some sugar refiners to speed sugar on its way to consumers. By elimination of the final processing step, they're able to make distribution in from three days to one week less time.

Only a few processors have taken this step, and this variety of sugar will not reach all markets, so its distribution will be limited.

## RECIPE OF THE WEEK

In another story in this issue (Thanksgiving History, Page 7), we mentioned the recipe for pumpkin pie used at the first Thanksgiving. Here's a newer one, put out by the Bureau of Human Nutrition and Home Economics, which you may want to pass on to your listeners this week:

1-1/2 cups cooked pumpkin	1/4 teaspoon mace
1 cup milk	1/2 teaspoon salt
1/2 cup sugar	2 eggs
1 teaspoon cinnamon	2 tablespoons butter
1/2 teaspoon allspice	Pastry

Heat the pumpkin with the milk, sugar, spices, and salt in a double boiler, add the beaten eggs and butter, and mix well. Pour the hot filling into a deep baked pastry shell, and bake in a moderate oven (350 degrees F.) about 30 minutes, or until the filling sets.



## HOW ABOUT HALF A TURKEY?

When it comes to turkey for Thanksgiving, almost anybody will agree that half-a-turkey is better than none! And it may be possible for a good many people to buy a half-turkey this year, because some dealers are splitting their large turkeys for the convenience of small families.

### Economical...

As a matter of fact, half of a large turkey will give considerably more cooked meat than a whole small turkey of the same weight. Therefore, if the price per pound is the same, or less, it's possible to make a real saving by purchasing one of the half-birds.

You might like to pass along to your listeners the following suggestions from the food specialists of USDA in regard to cooking half of a large young turkey.

### Preparation for cooking...

First, of course, pinfeathers should be pulled out, and hairs singed off over a flame. If it hasn't already been done, the neck and foot should be removed, also the wing cut off at the first joint. Scrub the bird with a wet cloth and a little milk soap, rinse and dry thoroughly. The tail and leg should then be tied together, by running a large needle threaded with clean white wrapping cord through the side of the leg, just above the foot... then through the meat of the tail. The string should be wrapped around the tail and leg, and tied.

Placing the bird cut side up on a table, sew up the loose skin at the neck, to form a pocket. After sprinkling salt into this pocket, pack it loosely with stuffing. Repeat the salting and stuffing process with the body cavity of the turkey.

### Roasting process...

Then cut a piece of heavy greased paper... (parchment paper preferred)... to fit over the body cavity, and fasten it over the stuffing by lacing wrapping cord back and forth across the paper. Catch the skin on each side and pull it up to cover the edge of the paper. It's well to leave this paper in place when the turkey is served, and remove the stuffing from the hole made when the thigh is cut off.

The turkey should be roasted stuffing side down on a rack in a shallow pan, uncovered, and without water added. Brush it with melted fat and roast at 300 degrees F. After cooking for 1-1/2 hours, baste the bird with drippings, and continue this about every 45 minutes until it's done. Cooking time varies with weight, of course, but here's an example: A half turkey weighing 7 to 9 pounds will require from 4-1/2 to 5 hours.

## FAT SALVAGE REMINDER

Homemakers who can meat at home (see story on page 4) have an excellent opportunity to step up the amount of used fat saved and turned in. Every drop of this fat is greatly needed to supplement the commercial supply of fats and oils. Usually when meat is cooked for canning, it is cooked in large quantity. This means a lot of drippings to pour off. Certainly we can't afford to waste these when even the small amounts from every day cooking operations are so much in demand.



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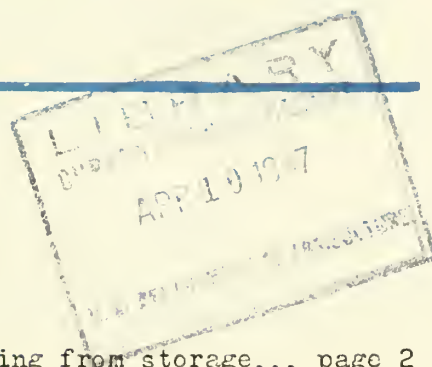


**Southwest Edition**

November 29, 1946  
No. 48

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

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423 Wilson Building, Dallas 1, Texas





## BULBS FOR THE COOKING BOWL

Right now there are large quantities of onions in grocery bins and in storage across the country. The harvest of this vegetable was generally completed in all states by mid-November, and we'll be drawing on storage stocks until next April when the first of the new crop begins to move from Texas. The commercial onion trade reports

between 17 to 18 million bags (50 pounds each) now in storage. This is around a million bags more than in November 1944... a previous high record for holdings... when there were enough onions to supply domestic needs and to fill large military requirements.



The quality of the onions being offered this year is very good and prices are reasonable. So now is the time to get out recipes calling for use of this flavorful vegetable.

### Onion soup perhaps...

This is the time of the year when a bowl of hot soup makes the perfect opening for dinner... or teams up beautifully with a sandwich or salad for luncheon. Onion soup is popular with many people, and you might like to give the following recipe, from the food specialists of USDA.

Cook 2 cups finely chopped onions in 2 tablespoons fat until lightly brown. Sprinkle with 3 tablespoons flour, and stir. Add  $1\frac{1}{2}$  quarts hot meat broth (made by cooking a soup bone in water) and stir until smooth. Season with salt and pepper and simmer until the onions are tender and the flavor well blended. Serve in bowls with a slice of toast in each. If you have dry cheese on hand, grate a little over the toast.

## CCMBED NEWS

The honey crop for 1946 is somewhat smaller than last year... 209 million pounds as compared with 233 million pounds. While this yield is well above pre-war production, the limited supply of sugar has increased the demand for honey... and the increase is far short of requests for it.

### Prices high...

Under the stimulus of this demand, honey prices have shot upward this year. The prices range widely in different areas, depending not only on the availability of honey, but also on the supply and price of jams and marmalades. Most sales are being made either directly to consumers or to distributors who supply the home trade. Some honey is going to bakers, but practically none is reported moving to soft drink manufacturers or ice cream concerns.

## FEEDING THE UNITED NATIONS

You may think you have your hands full in planning meals for your family, but what would you do if you had a dinner party for people from fifty-four different countries? How could you be sure to offend no one and please everyone? What dish or dishes would you serve?

### The answer...

Every day that very problem confronts the manager of the feeding facilities at the United Nations headquarters at Lake Success, New York. Since he has solved the problem to the satisfaction of all, you might like to know what the food set-up is like at the United Nations.

Actions sometimes speak louder, or at least more eloquently, than words in the cafeteria food line. Staff members of the Secretariat who are not yet at home in the English language often make their selections by pointing to the dishes that are displayed on the steam tables. Delegates from the fifty-four nations are more fortunate, for they may serve themselves at a colorful, well-supplied buffet table in their dining room where five hundred lunches are served every day.



### They like potatoes...

One of the favorite dishes of the world's top-ranking diplomats is potato salad... probably made with the very same recipe you use all the time. Another favorite is potato soup. Down in the huge cafeteria where 10,000 to 12,000 meals are served every twenty-four hours, mashed potatoes are one of the favorite vegetables of over 75 percent of the cosmopolitan people who dine there.

Practically any American homemaker would feel at home in either the dining room or the spacious cafeteria. The meals served to the people from four corners of the globe are the same as any typical American mother would set down before her hungry family.

### Americanized foods...

There are probably two reasons for this. First of all, there are very few native American dishes. Possibly the hamburger and frankfurter on rolls, and southern fried chicken may be called typical American dishes, but if you were to study the origin of your favorite recipes, you'd probably find they migrated here with the countrymen of their creators. Though the dishes that make up our diets are drawn from every part of the world, they seem so familiar to most of us that we have come to accept them as typical American fare... and that's just what they are... today.

The second reason for serving American foods out at Lake Success is that the foreign people who are working at the United Nations headquarters have tried the American mode of living, which includes our eating habits... and they like it. They are cosmopolitan enough to appreciate the distinctive touches which we Americans may add to dishes they've eaten in their native lands. Apple pie and coffee are favorites with international diners... as is milk.

### Milk for the beverage...

For many of the United Nations staff our meals were too rich at first. Some of those coming from liberated countries suffered from malnutrition. They had to go on special diets, and had to eat small portions at frequent intervals. Milk is a great treat to many people recently arrived in this country. It ranks on a par with coffee as the most sought-after beverage.



So you see, folks from across the sea are really very much like us... and we are like them. It is our heritage. Next time you whip up a bowl of mashed potatoes, think of them not as another dish of humble spuds, but remember that they rank with the favorite dishes of the diplomats of the world.

#### BACKGROUND ON BROCCOLI

Broccoli, which hit the "best buy" list for the first time this week, belongs to the same vegetable clan as brussels-sprouts, cabbage, cauliflower, kale, kohlrabi, mustard, rutabagas, and turnips. It's actually a variety of cauliflower, according to plant specialists. In fact, they say it may have been the original form of cauliflower, though broccoli is hardier and has more color in the flowers and leaves... also a more popular flavor to many peoples' taste.

But only in recent years has broccoli attained its rightful place among the best-liked vegetables in America. It was 1927 before New York restaurants made broccoli a regular menu item, and the Italian gardeners in near-by areas found they could no longer produce enough to meet the demand. Then commercial growers in the West and Southwest began growing broccoli in large quantities.

Why it took so long for a vegetable that's 2,000 years old to become a popular American truck crop is a "sleeping-beauty" food mystery. Native of western Asia, broccoli somehow reached Italy, where cultivation probably began. From Italy, it went to northern Europe, and is a favorite food in all parts of France and England today.

Broccoli is an adaptable vegetable... rich in vitamin A, calcium and iron. The tender stalks and small leaves may be cooked separately and served as greens... or the stalks may be peeled, cut in pieces, and served with butter or cream sauce. Cheese sauce makes for contrast in both color and taste. An old Italian recipe calls for boiling, then simmering in olive oil to which garlic has been added. Whatever the method of cooking, though... the rule for perfect flavor is "serve piping hot".

#### REPORT ON THE FHA

In order to earn a living, and also contribute to the nation's food supplies, a number of small farmers at one time or another need credit for capital. Some, in fact, get in such reduced circumstances that they don't qualify for credit from the usual sources, such as banks, so seek aid from the Government... and that's where the Farmers Home Administration comes in. Many of those who receive federal aid not only benefit personally, but help increase farm production to meet increased consumer demand.

##### Farm families get loans...

More than half a million family-type farmers are now producing food and fiber for themselves and others, with the aid of loans from the Farmers Home Administration.

FHA is the new agency of USDA that came into existence on November 1... and took over the major work of the Farm Security Administration, and of the Emergency Crop and Feed Loan Division of the Farm Credit Administration. The families who had these loans to buy or operate farms were transferred to the new agency at that time.



Under the new Act creating the Farmers Home Administration... which became effective the first of this month... farmers who wish to buy family-type farms, or enlarge or improve farms they already have, may apply to the nearest county office of the FHA. Loans there run for 40 years if a family wants to take that long... and bear  $3\frac{1}{2}$  percent interest.

#### Operating credit...

Families who wish only operating credit, but can't obtain it elsewhere, may apply for FHA production loans. These bear 5 percent interest and run from one to five years to buy livestock, feed, seed, fertilizer, farm equipment, supplies, and other necessities. Supervision accompanies loans wherever guidance in good farm practices is needed.

Veterans are given preference for the long-term loans. Even disabled veterans may borrow, if their farm income plus their pension is enough to pay their current expenses and retire their debt.

### JUVENILE DELINQUENCY CONFERENCE

The National Conference for the Prevention and Control of Juvenile Delinquency was held in Washington, D. C. on November 20, 21 and 22. Under the chairmanship of Hon. Harold H. Burton, Associate Justice of the Supreme Court... 165 private organizations, the governors' council and 13 governmental agencies were represented. It was attended by many leaders of youth groups, such as the Girl Scouts, Boys' Club of America, 4-H Clubs, etc.

Among the prominent persons there were Judge Anna M. Kross, Magistrate's Court, New York City, Father Flanagan of Boys Town, Henry Monsky, President of B'nai B'rith, Walter White of the National Association for the Advancement of Colored People, and many others. At the opening session a special message from President Truman was read by Justice Burton.

#### Education by radio...

The U. S. Department of Agriculture was represented at this conference, and the report submitted by the panel on rural aspects included a recommendation as to press, radio and motion pictures which should be of interest to all broadcasters. Here is the statement:

"Because of the virility of press, radio, and motion pictures as an entertainment and educative force, these means of communication make a great impact upon the emotions and minds of all ages. They, therefore, can be powerful instruments for dissemination of information which works for the prevention of juvenile delinquency and in supplying entertainment which everyone requires for good health and adjustment to one's environment.

#### Positive approach...

"The use of these mediums in the prevention of delinquency should be enlarged to carry more material with a positive treatment of youth problems. This material can be directed not only to youth but to parents, teachers, and community leaders. Material directed to the public in terms which build responsible community attitude toward



the problem can go far toward establishing the individual and community responsibility necessary for the widest attack upon juvenile delinquency.

"The use of more material that points up and dramatizes the satisfactions of well-adjusted children, parents and homes, and the rewards of healthful recreation and purposeful study and labor can be effective in building constructive social attitudes in rural young people."

Four recommendations...

The following four general recommendations were made by the panel on rural aspects of juvenile delinquency:

- (1) That rural people give especial attention to finding out appropriate means for conserving and making available to all rural youth those natural advantages of the rural areas as a place in which to rear children.
- (2) That some appropriate practical plan be formulated to collect and compile statistics on juvenile delinquency in all rural areas.
- (3) That all the youth of a local community be afforded the opportunity and be encouraged to participate in constructive group activities.
- (4) That the basic responsibility for the control and prevention of juvenile delinquency rests primarily with the home and the local community.

SPEAKING OF SPEECHES

Dr. Dennis A. FitzGerald, Secretary General of the International Emergency Food Council, spoke at the 38th Annual Meeting of the Grocery Manufacturers of America in New York last week. As you may remember, Dr. FitzGerald was a member of the mission which accompanied Herbert Hoover in his tour of the famine areas of the world several months ago.

Serious shortages of vital foods...

Much of Dr. FitzGerald's talk pointed up the still-serious shortages of many foods in other countries of the world. Speaking of wheat, Dr. FitzGerald said:

"More than a year after the end of active fighting, practically every European country and many countries in other parts of the world are still rationing bread. These countries are not rationing bread for the fun of it, but because of the simple fact that there is not enough wheat or wheat substitutes in the world to meet unrationed demands."

With regard to fats and oils, Dr. FitzGerald told the meeting that the world situation is the same as for cereal... supplies fall far short of meeting needs. Also, he said, a somewhat comparable situation exists with respect to sugar.





He pointed out that sugar is actually a source of energy, and energy is what the rest of the world most desperately needs to continue the process of pulling itself up by its bootstraps.

Urges continued sharing of food...

Dr. FitzGerald made a strong plea that Americans continue sharing their food with the rest of the world. Here is another direct quotation from his talk:

"I am convinced that our behavior in the food field is having a very direct influence on our position and prestige in the world. We cannot afford the luxury of irresponsibility. Our national self-interests ...and the most important one is peace... cover the globe, and our responsibilities are as great as our interests and power."

He went on to give some facts on conditions in various countries... stating that the food situation in Britain is much worse now than at any time during the war... reminding his listeners that bread rationing has been introduced for the first time in British history... that the situation is the same in France, Italy and Greece. In Italy, particularly, Dr. FitzGerald stated, political stability and law and order hang on the scales on which the meager bread rations are weighed out.

Later may be too late...

Reviewing some of the other difficulties which the people of Europe still face... lack of fuel, clothing, building materials... the slowness of agricultural rehabilitation, etc....Dr. FitzGerald concluded with these words:

"If we slacken our efforts now, much of the ground already gained will be lost, and we may not be able to regain it later. An ounce of help not forthcoming now may cost us a ton later... assuming that later will not be too late. If Europe and the rest of the world do not attain political and economic stability, our own fate will not be a happy one."

BEST BUYS IN FRESH FRUITS AND VEGETABLES

Winter vegetables now moving in sufficient quantity to be good buys at key southwest markets include eggplant, broccoli, spinach and green peppers, according to the Production and Marketing Administration. Supplies of green beans, tomatoes, beets and squash are fair, but these are specialty items from the price standpoint.

Most economical of the fresh foods available are Irish potatoes and onions, which are plentiful and very reasonably-priced in relation to other foods. Other vegetables well worth the money are turnips, rutabagas, carrots, cabbage, celery, and lettuce.

Oranges top the list for fruits, with both juice and slicing oranges now on the market in good supply. Grapefruit is another good fruit buy, with apples trailing third and grapes fourth.

ARKANSAS:	<u>Jonesboro</u> .....Irish potatoes, onions, apples, oranges
	<u>Little Rock</u> .....grapefruit, lettuce, spinach, oranges, Irish potatoes, onions
	<u>Fine Bluff</u> .....oranges, apples, Irish potatoes, onions, turnips
COLORADO:	<u>Denver</u> .....apples, carrots, Pascal celery, grapefruit, oranges, grapes, turnips, onions, Irish potatoes, cabbage
KANSAS:	<u>Manhattan</u> .....Irish potatoes, apples, head lettuce, grapefruit, oranges
MISSOURI:	<u>Kansas City</u> .....homegrown beets, turnips, celery-cabbage, endive, winter squash, spinach, greens, onions; shipped in rutabagas, sacked carrots, onions, celery, cooking apples, Texas oranges and grapefruit
LOUISIANA:	<u>Baton Rouge</u> .....Irish and sweet potatoes, onions, oranges, apples, grapefruit, cabbage, lettuce, celery, Louisiana broccoli
	<u>New Orleans</u> .....oranges, onions, Irish potatoes
NEW MEXICO:	<u>Alamogordo</u> .....carrots, onions, cabbage, Irish potatoes, peppers
	<u>Gallup</u> .....onions, grapefruit, Irish potatoes, bananas
OKLAHOMA:	<u>Ada</u> .....cabbage, apples, oranges, grapefruit, Irish and sweet potatoes, spinach, lettuce, carrots, turnips, onions, grapes, celery
	<u>Oklahoma City</u> ...apples, cabbage, carrots, celery, grapefruit, oranges, onions, Irish and sweet potatoes, turnips,
	<u>Tulsa</u> .....lettuce, oranges, grapefruit, celery, onions, Irish potatoes, cranberries, apples, grapes, tomatoes, green beans, spinach, turnips
TEXAS:	<u>Amarillo</u> .....grapefruit, Texas oranges, Irish potatoes, yellow onions, bell peppers
	<u>Austin</u> .....Irish and sweet potatoes, Texas grapefruit and oranges, onions, celery, black-eyed peas, apples, cranberries
	<u>Dallas</u> .....apples, oranges, grapefruit, cranberries, grapes, Irish and sweet potatoes, onions, celery, green pepper, eggplant
	<u>Fort Worth</u> .....celery, Irish & sweet potatoes, onions, grapefruit, oranges
	<u>Houston</u> .....sweet potatoes, cabbage, carrots, onions, greens, apples, citrus fruits





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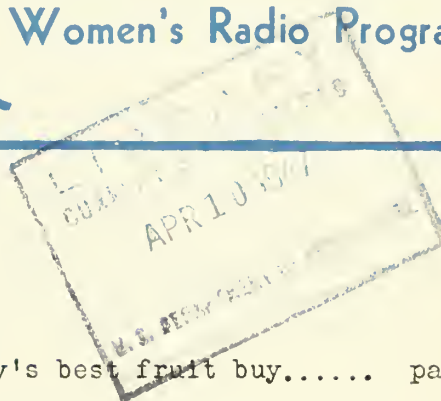


**Southwest Edition**

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No. 49

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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U. S. Department of Agriculture  
Radio Service

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## GLAMOUR FOR GRAPEFRUIT

In the year 1696, a Captain Shaddock, commander of an East Indian ship, came to port in the Barbados (West Indies), on his way home after many wanderings in the Orient. Among other things, he had a collection of seeds which he had found in many different parts of the world. Some of them he gave to the people of Barbados. From these seeds grew the fruit that was named Shaddock by the English... and Pomelmoose by the French. When it was brought to Florida from the Barbados, the Americans renamed it grapefruit because it grew in grape-like clusters on the tree,



### Once a novelty...

People in this country were slow to appreciate how delicious grapefruit really is. Dr. David Fairchild, a veteran plant explorer, tells of one citrus grower in the early days who sent two crates of grapefruit with his shipment of oranges to Seattle. The grower did not hear what happened to them until years later when he met the dealer and learned that he had only one customer for them. Nobody else who came to the store had the curiosity to try a grapefruit.

As late as 1885, grapefruit was described as "more showy than useful"... although it was mentioned that "the juice is rather refreshing".

### A modern favorite...

Today's grapefruit... unlike the bitter, thick-skinned, sometimes pithy fruit of the gay nineties... is juicy, sweet and tender with one of the highest popularity ratings of any fresh food. Homemakers select grapefruit for its high vitamin C content and ease of preparation, as well as for its good looks and refreshing taste.

Grapefruit can start off a good breakfast... serve as salad or dessert in the lunch or dinner meal... or mix with milder fruits when the occasion demands. Halves may be served ice cold or broiled. And when time is pressing, grapefruit juice from cans provides an excellent appetizer or beverage.

### Buying tips...

The selection is good these days. Thin-skinned, heavy fruit are the best choice. They should be well-shaped, firm, but springy to the touch. Grapefruit should never be soft, wilted, or flabby... but a few russet marks on the outside don't affect the quality.

## MINCEMEAT MEMO

There will be more mincemeat on the grocers' shelves this year than last, but the price is likely to be considerably higher, due to the general increase in the cost of ingredients. As you realize, no doubt, the shortage of sugar is chiefly responsible for the shortage of mincemeat. Makers get an allotment of only 60 percent of the amount of sugar they used in 1941.



## FOOD PLAN FOR THE FAMILY

A new booklet just published by USDA's Bureau of Human Nutrition and Home Economics is likely to be of considerable interest to many of your listeners. It's written in the form of a story about a typical family of father, mother, and a little boy and girl, and gives information of special value to mothers of young children.

### For all age groups...

This booklet presents a practical and easy-to-follow food plan for the family. The nutritionists of the Bureau point out that it isn't necessary to plan two sets of meals, one for the children and the other for grown-ups. They explain that foods which are good for the children are just as good for adults, and that there are only a few items which cannot be served to all the family, if the meals are properly planned.

An example of adapting the same basic food to both age groups is given in the case of pie. When mother makes a pie for some special occasion, she can bake the filling in custard cups for the youngsters, and they'll be very happy with this dessert.

### The right diet at low cost...

There are some helpful hints regarding the art of persuading children to eat unfamiliar food, and of overcoming prejudices they may have developed against certain foods. There's a section on the right diet for an expectant mother, an outline of a typical family food plan... also a week's sample menus. Another interesting feature of this bulletin is a list of suggestions on reducing the family food bill by careful planning and cooking, substituting less expensive foods, and so forth.

### It's free...

The name of this new bulletin is "Food for the Family with Young Children"... and the number is AIS-59. There's no charge for it, of course, and you may tell your listeners to order it directly from Radio Agriculture, Washington 25, D. C. A postal card request will do.

## KEEP THOSE BOTTLES MOVING

"Lady, keep those bottles moving back to the market and the dairy."

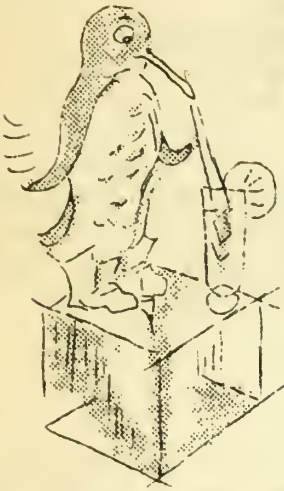
That's what the milk marketing people would like you to say over and over again. Keeping all the bottles in circulation actually will help to maintain the proper distribution of milk, which, of course, is very important.

### Good reasons...

There are two reasons why there aren't enough milk bottles... shortage of soda-ash, a chemical used in the manufacture of glass... and the heavy demand for glass from other users. We can't fall back too heavily on the cardboard containers, either; they're very short lived, and furthermore, the paper shortage is still with us.

So tell your listeners to round up the milk bottles and either put them out for the milkman to collect, or return them to the grocery "PDQ".

## GREEN TEA ARRIVES



A share of the first crop of green tea picked in Japan since the end of the war will soon be appearing in our markets. About  $7\frac{1}{2}$  million pounds are scheduled for this country and two-thirds of this amount already has been received. This tea was inspected and passed by American tea experts and is rated as being of fine quality. Prices should not be too much above pre-war levels.

### Back to normal...

Our total tea imports this year, including the green tea now arriving, will amount to about 90 million pounds. This represents normal use in this country, or about three-fourths of a pound per person.

## "PRIME" STAMP BACK IN USE

The U. S. Department of Agriculture recently approved the reinstatement of "Prime" grade to the official standards of beef and veal. This top grade was suspended October 1, 1942, as a wartime measure to help conserve livestock feeds, and to bring official standards of the Department in line with the wartime grade classification established by OPA.

Prime beef is distinguished by the amount of fat "marbling" throughout the meat and its thick border of white fat.

### Not much for homemakers...

However, though beef and veal may once again bear this U. S. Grade, chances are the homemaker will use little of it. In the first place, only about one-half of one percent of all beef produced is of "Prime" grade, and much of this is taken by the restaurant and hotel trade.

Also, it's doubtful if much of this grade will appear until late next spring, when prime finished cattle from feed lots are expected to be marketed. Right now most beef cattle being sold have not been finished sufficiently to approximate "Prime" grade, and even "Choice" grades are limited. "Good" and "Commercial" grades of beef are the present supply leaders.

## HOLIDAY TREATS THAT SAVE SUGAR AND FAT

The Christmas cookie season is well under way for the women whose holiday plans include gifts of food. There's still a problem, however, in view of the continuing shortages of sugar and shortenings. You may like to tell your listeners about a few suggestions from USDA's food specialists for cookies which are economical on both scores. For good measure, we're adding directions for making a holiday candy that doesn't require a bit of sugar.

### Save sugar with sweetpotatoes...

Here's a recipe for drop cookies which use very little sugar, a moderate amount of molasses, and gain part of their sweetening from grated raw sweetpotato... delicious and a bit unusual.



$\frac{1}{2}$ cup fat	2 cups sifted all-purpose flour
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup molasses	1 teaspoon baking powder
1 cup grated raw sweetpotatoes	$\frac{1}{2}$ teaspoon ginger, if desired
1 teaspoon grated orange rind	$\frac{1}{4}$ cup sour or buttermilk

Cream together fat and sugar; add egg; beat thoroughly. Add molasses, sweetpotatoes (grated just before using), and orange rind. Sift together rest of dry ingredients; add alternately with milk to sweetpotato mixture. Mix well and drop from a teaspoon onto a greased baking sheet. Bake in a moderately hot oven (375 degrees F) about 15 minutes or until golden brown. Makes 3 dozen.



#### Hints about honey....

Honey may be more easily available in some localities, and those who have a supply will find it very satisfactory to use as all or part of the sweetening in many cakes, cookies, and quick breads. The food specialists recommend that in using honey, it be mixed with the liquid called for in the recipe, and that baking be done at the lowest temperature possible for the given product. This prevents loss or change of flavor of the

honey, and also avoids too rapid browning. They've developed a recipe for honey drop cookies including chopped fruit and nuts, which also calls for comparatively little shortening. Here it is:

$\frac{1}{4}$ cup shortening	$\frac{1}{2}$ teaspoon salt
1 egg, beaten	1 cup chopped nuts
$\frac{3}{4}$ cup honey	$\frac{1}{2}$ cup chopped dates, figs, or other dried fruit
2 tablespoons milk	$\frac{1}{2}$ cup chopped candied citron or pineapple
2 cups sifted flour	
2 teaspoons baking powder	

Cream shortening. Mix beaten egg, honey and milk. Add nuts and fruits to the sifted dry ingredients, and add alternately with the liquid to the shortening. Drop by small spoonfuls on a greased baking sheet and bake in a moderately hot oven (375 degrees F) for about 10 minutes.

#### Plain drop cookies without sugar...

Here's a Bureau-tested recipe which makes about 60 cookies, uses only half a cup of fat, one cup of sweetening and one egg. It's easy to make and comparatively inexpensive.

$\frac{1}{2}$ cup fat	$2\frac{1}{4}$ cups sifted flour
1 cup sorghum, cane, corn or maple sirup (see NOTE)	2 teaspoons baking powder
1 egg, beaten	$\frac{1}{2}$ teaspoon salt
	1 teaspoon flavoring

Cream the fat, add the sirup mixed with the beaten egg, and beat well. Add the sifted dry ingredients and flavoring. Drop by teaspoonfuls onto a greased baking sheet, allowing room for the cookies to spread. Bake to



a golden brown in a moderately hot oven (375 to 400 degrees F). Remove from sheet while hot.

NOTE: If sorghum sirup is used, omit the baking powder and add  $\frac{1}{2}$  teaspoon soda to the dry ingredients.

### Dried fruit candy...

To tuck into the corners of a box of cookies, adding interest and variety to the gift, here's a sugarless confection that's delicious and easy to make.

Grind one or several kinds of dried fruit. Add peanut butter or finely chopped nuts. Form into balls, which you might roll in sugar if you have a bit to spare. This is not necessary, however, because it's good "as is".

### WHERE THE GRAIN FLOWS

Because of the favorable supply of most grains in this country, a number of restrictions put into effect last spring to conserve grains for home use and for export to shortage areas abroad have been modified or removed.

### More home-baked bread...



As of November 29, there is no longer any limitation on the amount of flour that may be produced for domestic distribution and for export to license-free countries. You may remember that last April millers were required to limit the production of flour for domestic distribution to 75 percent of the amount made in the corresponding month of 1945. Later this was raised to 85 percent of the average monthly production in 1945.

There are now only two restrictions on use of wheat. First, this grain may not be used by distillers and brewers; second, milling wheat and flour suitable for human consumption can not be used in the manufacture of livestock feed.

### Distillers get low quality...

Distillers may not use wheat, wheat products and corn grading No. 1, 2, and 3, and only limited quantities of rye. But they may use unlimited quantities of low-grade, high-moisture corn and other grains. At the same time, the U. S. Department of Agriculture is urging distillers to accept, wherever possible, only grain that is transported by motor truck. That's because of the present transportation difficulties in rail movement of grain for food and for export.

As of November 29, brewers will be able to get approximately 10 percent more grains and grain products such as malt, corn, barley, and sorghum. Use of wheat and rice of table grade in malt beverages is still prohibited.

### CHRISTMAS TREE TIME

These are the days when Christmas trees are coming to town... from the Northeast, the Northwest and the Lake States... from 15 to 18 million of them. In case it makes any difference to you which state is first this year in Christmas

tree production, it's Washington... with Montana a close second, and Minnesota third.

#### Good travelers...

As for species... spruces make up about 35 percent of the total, and they're first in popularity, too. About 30 percent are Douglas fir and 20 percent Balsam fir... the remaining 15 percent is made up of pine, cedar, red fir and white fir.

The trees travel by land, water... even by air, on occasion. In years past, Christmas trees have gone by airplane to foreign countries as good-will ambassadors from the United States. It's expected that a great many will move by truck this year, in view of rail transportation difficulties. Enough trees have been cut to supply the market demand, and the growers will make every effort to see that they reach the family fireside.

#### Choose a good one...

Forestry experts at USDA suggest that the early buyer look the market over carefully, to make sure he's getting a good tree for his money. The tree purchased some time before Christmas should be kept in a cold place, and when it's brought into the house, set in water. This will help to keep it fresh and green for a longer time, and also will reduce the fire hazard.

And by the way, if you think any of your listeners are weeping over the cutting of trees for use at Christmas... worrying for fear it's wasteful... tell them to dry their tears. Actually, the careful removal of these trees is beneficial to those remaining. It is a thinning operation that's really necessary, in order to let the other trees develop into good timber.

### BEST FRESH FOOD BUYS

With most of the current fruit and vegetable supply originating in southern producing areas, key southwest markets kept grocers' bins fairly well-filled this week in spite of reduced movement from the coal strike and car shortages.

The Production and Marketing Administration says grapefruit is the best fruit buy, with good supplies reasonably low-priced. Oranges also are plentiful, but cost more than the bigger citrus, and are not quite as economical as apples. Bananas are more plentiful than for many months, but remain high. Cranberries declined after the holiday rush, with supplies still large.

Onions lead the vegetable list with good storage supplies supplemented by green shallots from southern areas. Irish potatoes are plentiful and low-priced compared with most other foods. Carrots are another good buy. Position of cabbage improved as more new crop offerings reached grocers. Sweetpotatoes became less plentiful at higher prices. More tomatoes are moving from south Texas and some off-quality offerings are bargains. Local greens, turnips, and parsnips also are good buys where they are available.

"Best buys" at key markets...

ARKANSAS: Jonesboro.....cabbage, onions, Irish potatoes

Little Rock.....apples, grapefruit, oranges, Irish and sweet potatoes, onions

Pine Bluff.....apples, Irish potatoes, onions

Texarkana.....cranges, Irish potatoes, onions, cabbage

COLORADO: Denver.....apples, bushel carrots, turnips, parsnips, acorn squash, celery, yellow onions, Irish potatoes, grapefruit, spinach

MISSOURI: Kansas City.....spinach, turnips, parsnips, celery-cabbage, onions, cabbage, celery, rutabagas, cooking apples, grapefruit

KANSAS: Manhattan.....Irish and sweet potatoes, apples, grapefruit, lettuce

LOUISIANA: Baton Rouge.....Irish and sweet potatoes, apples, oranges, celery, cabbage, lettuce

New Orleans.....Irish potatoes, onions, citrus fruits, cabbage

NEW MEXICO: Albuquerque.....apples, grapefruit, oranges, sweet potatoes, carrots, celery, turnips, onions, Irish potatoes

Alamogordo.....carrots, beets, cabbage, turnips, peppers

Gallup.....apples, grapefruit, onions, Irish potatoes

OKLAHOMA: Enid.....grapefruit, apples, Irish potatoes, cranberries, celery, lettuce, oranges, tomatoes

Lawton.....Irish potatoes, onions, cabbage, cauliflower, carrots, parsnips, turnips, tomatoes, beans, apples, oranges, lemons, grapefruit, grapes, bananas, cranberries

Oklahoma City....apples, cabbage, grapefruit, grapes, lettuce, onions, Irish potatoes, tomatoes

TEXAS: Amarillo.....grapefruit, Texas oranges, Irish potatoes, yellow onions, bell peppers

Austin.....Irish and sweet potatoes, onions, Texas citrus fruit, celery, rutabagas

Dallas.....Irish and sweet potatoes, onions, grapefruit, oranges, cabbage, carrots, tomatoes, local greens



Fort Worth.....apples, carrots, turnips, parsnips, rutabagas,  
yellow onions, Irish potatoes, grapefruit,  
tomatoes, cabbage

Houston.....Irish and sweet potatoes, cabbage, carrots, onions,  
greens, apples, citrus fruits

#### ANGLES ON APRONS

Here are some hints about gift-aprons, from the clothing specialists of USDA. You may like to include them in an early broadcast, for the special benefit of those listeners who are in the midst of Christmas sewing. There are aprons and aprons, of course, but it's a good idea if they're both practical and pretty. These suggestions will help to assure satisfaction on both counts.

#### Use good material...

In the first place, aprons should be made of material which will wash well... both colorfast and preshrunk, if possible. And you'll find that a colored ground with an all-over printed pattern will stay fresh-looking longer than white.

Any trimming that's used should be sturdy and colorfast; all fastenings should be rustproof and washable, of course.

As to workmanship, be sure it's neat and strong. Reinforce the corners of the pockets, the buttonholes and the places where buttons are attached.

#### Safety angle...

Maybe you haven't thought of the safety hazard in aprons, but it's something to consider. Don't use dangling bows for trimming, or a large fluffy bow in the back. These may catch on things around the kitchen and cause trouble. And a wide front ruffle might easily catch fire bending over the stove.

The skirt of an apron should be moderately wide, for convenience in climbing and stooping, but not so full that it will get in the way, or get stepped on.

#### Consider convenience...

The pockets should be conveniently large... about large enough for a closed hand, as a rule. It's well to place them on full parts of the apron, but not on curves of the body. If the pockets are at the side, they may be made either straight or slanting. If they're close to the front, it's well to slant the openings toward the back. And the shoulder straps on aprons should "stay put", anchored firmly in the back, well above the waistline.

An apron should be easy to get into, with no more fastenings than are needed to prevent gapping. For instance, it's better to make a pinafore with one button at the back of the neck and a tie at the waist than with a row of buttons down the back. Lastly, remember that simple styles launder more easily than those with ruffles and gathers. Construction of an apron should be flat, free from thick, lumpy corners.

## SOUTHWEST FOOD SPECIALS

Many of the items on this week's best buy list are expected to remain plentiful throughout December. Marketing Specialists of the Department of Agriculture look for good supplies of potatoes, onions, canned citrus juices, apples, pears, dried peaches, and fresh and frozen fish (except shellfish). In the December plentiful outlook also are cranberries, almonds and filberts.

### Pecan picture...

Almonds, filberts and walnuts will, to some extent, take the place of pecans in recipes that call for nuts. The latest crop report points to the smallest supply of pecans since 1942. Production is expected to be about 77.2 million pounds... 13 percent below the October 1 forecast and 44 percent below the 1945 crop. In the Southwest, compared with last year, the 1946 crop is expected to be about one-third in Oklahoma, a half in Arkansas, two-thirds in Texas, and four-fifths in Louisiana.

Reduction in this year's crop is attributed to unfavorable weather and serious insect damage; also some experts think the large crops produced in 1944 and 1945 may have reduced the vitality of pecan trees and depleted plant food in the soil so that trees were unable to bear heavily this year and were less able to withstand diseases and insects.

Whatever the reason, the smaller crop means fewer pecan pies and sundaes, and fewer pecans to eat alone or in candies... but not necessarily fewer nuts unless the homemaker yearns only for pecans.

### Vegetable counter...

A good many homegrown vegetables offered on wholesale produce stands this week failed to make the "best buy" list... and are not among the nation's overall plentiful for the month ahead... but nevertheless are food news because right now they are among the best selections in many local markets.

Among these are Texas peppers, eggplant, squash, broccoli, radishes, spinach, turnips, cucumbers, cauliflower, parsley, mustard, and beet greens. Some of these are just beginning to move... and supplies will increase as the season progresses. Their prices will stand checking against the closest food budget.

In the same category further north falls Colorado garlic... also Colorado squash and turnips, which are outdone from the "best buy" standpoint by potatoes and onions... but nevertheless deserve homemakers' consideration when bargains are wanted.

Spinach is moving in carlots in Oklahoma and is a very good buy locally.

### Green note...

One of the best buys among local greens right now is collards... an especially good teammate for pork chops, roast, or barbecued ribs. Some stores offer the leaves in neat bunches alongside turnips and tops or other bunch vegetables. The homemaker who serves them gives her family plenty of vitamins and minerals... especially calcium, ascorbic acid, and vitamin A.





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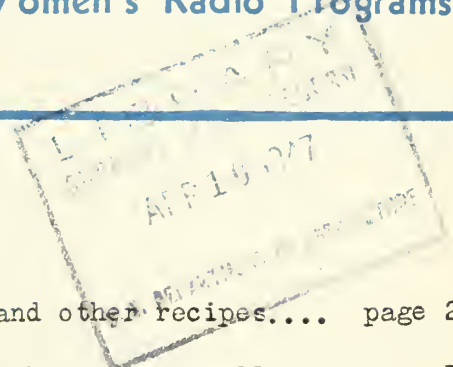


**Southwest Edition**

December 13, 1946  
No. 50

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

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## POTATOES A-PLENTY

There's an old, old poem called "Prayer and Potatoes" from which a few lines are frequently quoted... You may be familiar with them... but since the sentiment is particularly timely, we're going to quote them again:

"Pray for peace and grace and spiritual food,  
For wisdom and guidance, for all these are good,  
But don't forget the potatoes."

And...you'll be doing your listeners a favor when you urge them not to forget the potatoes, because they're plentiful this year, of fine quality, generally reasonable in price, and almost infinitely useful in the family diet. The potato is one food that knows no social boundaries... it appears on the family dinner table, or at the most formal dinner party with equal ease. And when it comes to left-overs, potatoes can go it alone or in combination with many other foods.

### Potato salad hot...



It's worth while to make a little extra effort to vary the style of serving potatoes throughout the coming months, and your listeners will probably appreciate a few ideas along this line. The food specialists of USDA suggest hot potato salad as a fine accompaniment to many cold-weather meals, especially those featuring left-over sliced meat or luncheon meat.

It's easy to make... just cook  $\frac{3}{4}$  cup of diced salt pork until it's crisp. Add a quarter cup of vinegar and the same amount of water, 1 medium-sized chopped onion, and one quart of cooked potatoes cut in cubes. Season with salt and pepper, and heat the mixture well before serving.

### Potatoes are tops...

And don't forget potato crust to top a casserole of left-over meat and vegetable stew, or something of that sort. You can line the dish with mashed potatoes if you like, and use more potatoes as a top crust... or if there's a small amount of potato, make only the upper crust. It should be baked in a hot oven until hot through and browned on the top.

### Potato puff, perhaps...

Mashed potatoes, freshly cooked or left-overs, gain considerable glamour when they're made into a puff, and it's easy to do. To 3 cups of mashed potatoes add 1 egg yolk, hot milk to moisten, 2 tablespoons melted fat, salt and any other seasoning you like. Beat the mixture well, then fold in the stiffly beaten egg white. Pile lightly into a greased baking dish and bake in a moderately hot oven (375 degrees F.) for 30 minutes, or until puffy and brown.

These are all good ideas for popularizing potatoes with any family, and for giving a lift to the inevitable potato left-overs.



### NUT MEATS ARE PLENTIFUL

Record crops of almonds and filberts (sometimes called hazelnuts), a large crop of walnuts and sizeable imports of Brazilnuts and cashews have swelled the total offerings of tree nuts this year.

The uses of nut meats are legion. This food is popular for party refreshments and between-meal snacks. Nut meats always have been an important ingredient of cakes, candies and other sweets, and they add interest and food value to soups, main dishes, salads and desserts. Nuts deserve this place in meal plans because they are a good source of protein, the B-vitamins and edible fat.

#### Best buy...

Purchasing nut meats in the shell is more economical, and in-the-shell nuts have a strong holiday appeal. Where time for baking or meal preparation is important, the shelled meats are worth the additional expense. Many stores are also offering shelled almonds, filberts, cashews and pecans in vacuum sealed containers. These nuts, packed individually or in mixed selections, are convenient for home use and have the advantage of staying fresh until opened.

### HOPE FOR MORE SUGAR

Secretary of Agriculture Anderson made a statement concerning sugar a few days ago. This will be of interest to most homemakers, because it holds out hope for an increase in the sugar ration early next year. The Secretary said, in part:

"Barring unpredictable disasters, sugar will be available to increase sugar rations in the U. S. by one 5-pound consumer sugar stamp by April 1, 1947, and at the same time to increase rations for industrial users by an addition of 10 percent of 1941 base period use. It is believed that the sugar supply situation will warrant further increase later in the year, but at this time it is too early to specify amounts."

#### Controls continued...



Mr. Anderson went on to point out that the shortage of sugar will not end in 1947, though it will not be as short a shortage as in the past. He explained that continuation of controls throughout the entire year will probably be necessary to achieve equitable distribution and to prevent extreme price fluctuations.

### MOLASSES NOTE

Grinding of sugar cane in Louisiana is now under way and a plentiful supply of molasses is expected for the coming year. The U. S. Department of Agriculture has taken steps to insure a large part of this sugar by-product for home consumption. Prices remain under ceilings.

## FOOD BUDGET BALANCERS

The food economists of USDA make a number of suggestions which will help home-makers cut down on food bills, without lessening the nutritive value of meals. These should be of interest to many of your listeners... and will, perhaps, help you to answer inquiries you've already received.

Tell the keeper of the family budget to:

Buy Standard packs of canned vegetables or fruits, instead of Choice or Fancy packs, because they're just as high in food value.

Buy Grade B and C eggs for many purposes, since they're as high in good value as Grade A and ordinarily are less expensive.

Use evaporated and dried milk part of the time, when they're cheaper than fluid milk... also use evaporated milk or top milk on cereals and puddings and in beverages, instead of expensive cream.

Serve canned citrus juices when they're cheaper than fresh fruit... or use raw cabbage as the source of part of the family's requirement of vitamin C. Tomatoes or tomato juice, fresh or canned, also may provide part of this, depending on the cost.

(NOTE: To determine the size of servings necessary, remember that raw cabbage gives about the same amount of vitamin C as orange or grapefruit, weight for weight. About twice as much tomato or raw turnip is required for the same amount, however.)

Buy Commercial and Utility grades of beef frequently instead of the more expensive grades. They're just as good when properly prepared. And don't overlook the nutritional bargains such as kidneys or pork or lamb liver.

Remember that the fat you get with meat has been paid for, so make good use of it for cooking or seasoning.

Make use of the leafy tops of young beets and turnips. They're in the same class as other greens when it comes to being inexpensive sources of vitamin A. They contain other vitamins and iron too. And when you're shopping for vegetables and fruits, those in season are likely to be a better value for the money. Such old standbys as carrots and potatoes, however, nearly always are good bargains.

Use whole-grain or enriched flour and flour products to gain extra vitamins and iron at little or no additional cost.

Use molasses frequently instead of white sugar in cooking, not only because it's cheaper, but for the sake of the iron it contains, and the flavor it adds to many foods.

## DECEMBER 1st CROP REPORT

The December 1st Crop Report, released on December 10th by USDA's Bureau of Agricultural Economics, tells us that favorable growing conditions continued through November. Ample moisture and mild temperatures favored luxuriant growth of fall-sown crops, and enabled farmers to carry out their seeding plans to the fullest extent, giving promise of a good start for the 1947 crop year.

Records set...

The report states the total U. S. orange production for the 1946-47 season promises to be more than 120 million boxes, a record large crop. November milk production was over 8 billion pounds, only 1 percent less than a year ago. Three billion 80 million eggs were produced in November, 5 percent more than last year, and a record for the month.

## BUTTER FOR THE WINTER

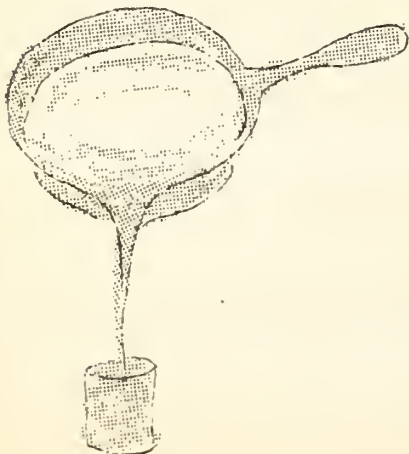
Since September, dairies have been making more butter than in the same period last year. Part of this increase has been made possible by using some of the fluid cream coming to market, and part by using cream that went into storage last summer. Despite the increased output, the fall and winter months are the ones when dairy production is seasonally low, and butter manufacturers are running into competition from the fluid milk and cream trade and producers of cream cheese, ice cream, heavy cream and sour cream.

Storage stocks low...

Because present production is not adequate to demand, we're also drawing on storage stocks of butter. But these are extremely low because only small amounts of butter moved into freezers last summer.

While there won't be an appreciable increase in the butter supply until next spring, demand for this commodity at current prices is not great enough to drain the markets.

## MORE MONEY FOR SALVAGED FAT

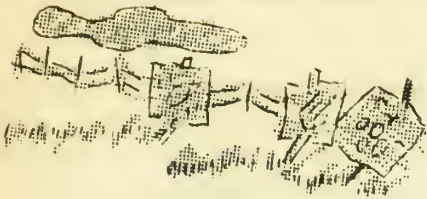


In some parts of the country, those who turn in salvaged fat to the meat dealer may be finding it a more profitable transaction financially. We've heard reports that some dealers are paying 8 or 10 cents a pound for the fat turned in by homemakers, in contrast to the old price of 4 cents a pound. It appears now that the average price will soon be at least twice the old figure. However, since there's no formal control of prices, it will take a little time for price schedules to level out.

As you know, inedible fats and oils are still in short supply, so salvaged fats are needed just as much as ever.



## HIGHLIGHTS OF NATIONAL GARDEN CONFERENCE



Many of your listeners may be interested in hearing something about the National Garden Conference, held in Washington, D. C. on December 5th and 6th. It was attended by more than 200 delegates from all parts of the country. Secretary of Agriculture Clinton P. Anderson read a message from President Truman, and himself gave a brief address of welcome.

### Gardens helped win the war...

The President stated that the magnificent contribution of food production by our nation's victory gardeners was an important factor in winning the war. He called on them to continue the art of gardening in peacetime.

Mr. Anderson pointed out that it is always a good plan to be on the safe side in food production. He mentioned the studies made by USDA's Bureau of Human Nutrition and Home Economics on the consumption of vegetables and fruits. These show that the average person does not get enough of the protective foods, and Mr. Anderson stated that home gardens can do much to remedy this deficiency where it exists.

### Peacetime plans...

Paul C. Stark, Director of the National Garden Program for USDA, called attention in his introductory remarks to the significance of this conference... the first of its kind called in time of peace, not prompted by war, famine or other fateful world disturbances. He also urged that the benefits of better health and better living which resulted from the wartime garden program be continued.

### Objectives outlined...

Mr. Stark stated the theme of the conference: "Gardens for food, health and good living", and explained that its primary purpose was to develop a national plan for gardening which will accomplish the following objectives:

- (1) To improve the national diet by insuring an abundance of vegetables and fruits.
- (2) To improve home life by making rural and urban home grounds more comfortable, convenient and attractive.
- (3) To create a more useful, livable and beautiful America by developing and executing town and city improvement plans.
- (4) To popularize gardening in all of its broad phases, recognizing its value to the gardener physically, mentally and economically.

### Supplies needed...

Another speaker at the Garden Conference, Watson B. Miller, Administrator of the Federal Security Agency, warned that in the face of worldwide uncertainty and insecurity, it is imperative that the people of this nation add individually to the total American food supply through increased garden produce. He advocated

that schools be encouraged to teach gardening in the classroom, and couple it with practical gardening experience.

A Committee on plans for action on the 1947 Garden Program recommended that the art of gardening be kept alive as a defense measure against any emergency, such as war, drought or economic collapse. And in answer to those who have charged that home gardening cuts down the market for commercial garden products, the Committee quoted a governmental survey (September 1946) which showed that the urban home gardener actually bought more commercial vegetables than the non-gardener.

#### Dates for action...

Major incentives for the program in 1947, the Committee pointed out, will be... (1) to assist families in meeting the cost of living; (2) to aid in the development of cultural values that come with home gardening, and the improvement of home and community grounds.

This Committee recommended the week of February 2 - 8 as National Garden Planning Week; June 9 - 14 as National Home Food Preservation Week; November 2 - 8 as the period of the 1947 National Garden Conference.

#### FIRE-PROOFING CHRISTMAS TREES

You've probably heard and read discussion pro and con regarding the fire-proofing of Christmas trees by chemical means. In last week's RADIO ROUND-UP, in the story on trees, we mentioned that setting the tree in a pail of water would help to reduce the fire hazard. Well, here's a statement from USDA's Forest Products Laboratory in this connection.



#### Water best...

This laboratory and others have tried out some of the best known fire-retarding chemicals for this purpose. They haven't tested all species of Christmas trees, nor all possible chemicals...but on the basis of the knowledge gained, they've decided that water in the wood, twigs and needles does the best fire-proofing job.

As a matter of fact, the use of certain chemicals has been found to cause the needles to turn brown and drop off. This, of course, actually increases the fire hazard.

This is valuable information to pass along to your listeners before Christmas.

#### JANUARY PLENTIFUL FOODS

The following foods are expected to be in plentiful supply throughout the country during the month of January, according to latest reports: Potatoes, onions, spinach, apples, dried peaches, oranges, grapefruit, canned citrus juices, heavy tom turkeys, almonds, filberts, fresh and frozen fish (not shellfish).



BEST FRESH FOOD BUYS

Citrus fruits are in the spotlight on the Production and Marketing Administration's list of best fresh food buys this week. Oranges took the lead from grapefruit, but both are in better supply at lower prices than in previous weeks. Tangerines made the list for the first time this season. About the only other good fruit buy is apples, although some grapes are still available.

Irish potatoes remain first choice in the vegetable group, followed closely by onions. Cabbage is more plentiful and costs less than a week ago. Fair supplies of cauliflower are moving from south Texas. Celery continues plentiful. Cranberries are a very good buy, with good quantities available at a reasonable price.

"Best buys" at key markets...

ARKANSAS:	<u>Jonesboro</u> .....cabbage, sweet potatoes, Irish potatoes, oranges
	<u>Little Rock</u> .....onions, cauliflower, grapefruit, oranges, Irish potatoes, sweet potatoes
	<u>Pine Bluff</u> .....oranges, grapefruit, greens, cauliflower, sweet potatoes, Irish potatoes
COLORADO:	<u>Denver</u> ..... apples, cabbage, carrots, celery, grapefruit, onions, oranges, Irish potatoes, spinach, squash
MISSOURI:	<u>Kansas City</u> ....homegrown spinach, celery-cabbage, winter squash, parsnips, turnips, shipped-in onions, cabbage, Irish potatoes, rutabagas, cooking apples, Comice pears, cranberries
KANSAS:	<u>Manhattan</u> ....., Irish potatoes, onions, cabbage, grapefruit, oranges, apples, cauliflower, lettuce, cabbage
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, celery, onions, grapefruit, oranges, apples, cauliflower, lettuce, cabbage
	<u>New Orleans</u> .....Texas carrots, citrus fruits, Irish potatoes
NEW MEXICO:	<u>Albuquerque &amp; Las Cruces</u> ....Irish potatoes, onions, carrots, cabbage, turnips, oranges, grapefruit, apples
	<u>Alamogordo</u> .....cabbage, turnips, carrots, peppers
	<u>Gallup</u> .....grapefruit, Irish potatoes, oranges, peppers
OKLAHOMA:	<u>Ada</u> .....cauliflower, beans, celery, onions, Irish potatoes, cabbage, grapefruit, Texas oranges, sweet potatoes, lemons, apples, lettuce
	<u>Oklahoma City</u> ...apples, cabbage, grapefruit, lettuce, onions, oranges, Irish potatoes, sweet potatoes, tomatoes, tangerines



TEXAS:

<u>Amarillo</u> .....	Texas oranges, Irish potatoes, yellow onions, cabbage, bell peppers, bulk turnips
<u>Austin</u> .....	Irish and sweet potatoes, onions, celery, Texas citrus fruits, eggplant, rutabagas, grapes
<u>Dallas</u> .....	apples, oranges, grapefruit, cranberries, onions, Irish and sweet potatoes, cabbage, cauliflower
<u>Fort Worth</u> .....	cabbage, carrots, onions, sweet potatoes, grapefruit, oranges
<u>Houston</u> .....	Irish and sweet potatoes, cabbage, carrots, onions, greens, apples, citrus fruits

## CITRUS OUTLOOK

FMA's marketing specialists tell us we may expect citrus fruit to maintain a high place on the "best buy" list in the next few weeks. Growers are receiving the lowest price for white grapefruit since before the war and the wholesale price likewise is the lowest in several years. Housewives should obtain the benefit of these reduced levels in the form of bargains at their corner grocer's.

Growers also are receiving lower prices for oranges than at the beginning of the season. Cheapest, of course, are the small sizes, which homemakers recognize as excellent juice sources.

The following recipes approved by the Bureau of Human Nutrition and Home Economics should help southwest meal-planners take advantage of these good buys.

Grapefruit salad...

Peel the grapefruit, pull it apart in sections and strip the skin and pith from each section. Arrange the sections on lettuce, sprinkle with chopped nuts and garnish with a little pimento. Serve with any desired dressing. This salad may be varied by combining the grapefruit with other fruits such as oranges, dates and pineapple.

Orange and carrot gelatin salad...

2 tablespoons gelatin	1 tablespoon lemon juice
1/2 cup cold water	2 tablespoons tarragon vinegar
2 cups boiling water	1 cup orange juice and pulp
1/2 teaspoon salt	1 cup grated raw carrot
1 tablespoon sugar	

Soak the gelatin in the cold water for 5 minutes. Add to the softened gelatin the boiling water, salt, sugar, lemon juice, vinegar, orange juice and pulp, and chill. When partly jellied, stir in the carrot, pour into wet individual molds, and put in a cold place to set. Turn out onto lettuce leaves and serve with mayonnaise or cream salad dressing.

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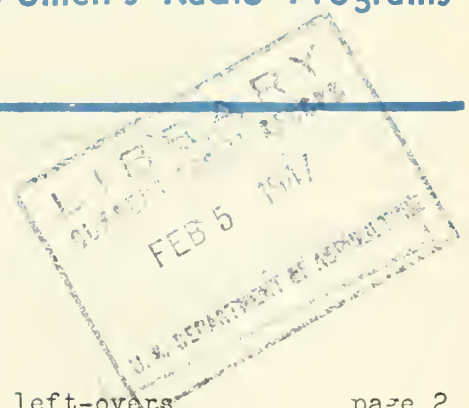


Southwest Edition

December 20, 1946  
No. 51

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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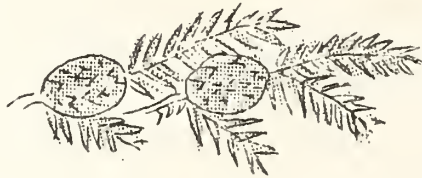
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## CHRISTMAS GREETINGS

This Christmas...second since the war's end...finds American tables bounteously laden and American homemakers more conscious of good nutrition than ever before. For your part in bringing this about...congratulations. We're very glad if we've been able to help.

In the coming year, homemakers again will count on women's radio programs to bring them news of best food buys, nutritional research, and other suggestions for better living.

The editors of RADIO ROUND-UP look forward to serving you.





## SPEAKING OF TURKEY

You're probably talking turkey some more these days, in connection with the Christmas turkey so many families will enjoy next week. Marketing specialists of USDA say there will be plenty of turkey for everybody who wants it. The period between Thanksgiving and New Year's Day is, of course, the time when buying for home use is heaviest. Dressing and marketing operations continue throughout the first three months of the year, but the bulk of this supply goes into freezers, for use by the restaurant and hotel trade and by industrial plants.

### Left-over problems...



Doubtless you have plenty of ideas regarding the selection, stuffing and roasting of turkey... we gave you considerable before Thanksgiving, you'll remember. Using up the left-overs is an ever-present problem for the average homemaker, however, so here's some information your listeners may find helpful.

As you know, the popular styles of preparing chicken... creamed a la king, loaf, souffle, chop suey, etc., all are just as good when you substitute turkey, duck, goose, or guinea. You might like to remind your listeners of this, however, when you're suggesting ways of using up the left-overs from Christmas dinner.

### Use it all...

Food specialists of USDA suggest that homemakers save all meat, bones, skin, fat, stuffing and gravy... to make the best use of left-overs. The bones can be stewed for broth. The skin, if it's well-flavored, can be ground up and used as a source of fat in sauces, gravies or soups. All poultry fat with good flavor can be used instead of other fats, so all the drippings that cook out of a bird should be saved, and any excess fat removed before cooking should be rendered. To render fat, cut it in pieces and heat it slowly, preferably in a double boiler.

In recipes for a loaf made from left-over chicken or turkey, stuffing can be substituted for bread crumbs, and gravy for part or all of the sauce made with broth and milk.

### Keep poultry cold...

Poultry is a very perishable food that spoils easily, so it should be either served promptly, or chilled and held at refrigerator temperature until time to serve. Left-overs should be cooled quickly, placed in the refrigerator as soon as possible, and not removed until time to use them.

### Creamed turkey, savory styles...

In case you think of creamed turkey or chicken as a useful but not very imaginative way of using up left-overs, just remember how many ways there are of serving it. Patty shells, waffles, crisp toast, toasted bread baskets, and a rice or noodle ring all form a fine foundation. Then there's the tasty short-cake, also turkey scallop consisting of alternating layers of spaghetti and creamed turkey, topped with buttered crumbs...and turkey pie made with a lid of biscuit rounds or of mashed potatoes.

You might like to have the basic recipe for savory creamed turkey, suggested by the home economists of USDA's Bureau of Human Nutrition and Home Economics. Here it is:

4 tablespoons butter or other fat	3 cups chicken broth
1 cup chopped celery	1/2 to 1 cup cream
1 tablespoon chopped onion	salt
1/4 green pepper, chopped	3 cups diced cooked turkey
1/2 cup flour	

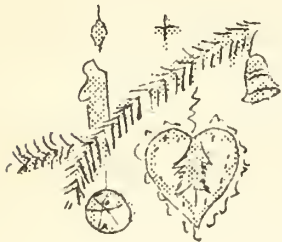
Cook celery, onion and pepper for a few minutes in the fat. Stir in the flour and blend thoroughly. Then stir in cool or luke-warm broth and cream; cook until smooth and thickened. Season to taste with salt; add turkey; heat mixture thoroughly and serve hot, in one of the styles suggested.

#### KEEP IT CRISP

A traditional accessory to the holiday dinner... and one which is welcome at dinner any day... is crisp, cold celery. The wise cook separates the stalks, washes them ahead of time, and puts them in a cold place to get crisp. This vegetable is mainly valuable for its fine flavor and crisp texture.

#### Flavor special...

The food value of celery is very slight, but it's important in the diet because it makes many other foods more appealing. Celery is one vegetable in which there's practically no waste...the heart makes a delicious relish or salad, the tougher outside stalks can be cooked in various ways...the fresh leaves can be used in a salad, or dried and used for seasoning soups, stews, and so forth.



While production of fall and winter celery this year has been slightly under 1945 (due to the price decline that started for this crop last January), a good amount of celery went into storage during the summer and fall. Therefore, total offerings are high at this time...of both the Golden Heart and the Green Pascal variety.

#### Supply sources...

At present Florida, Arizona and California are the leading commercial suppliers of winter celery. After the first of January, most of it will come from Florida until spring. Then Arizona and California will come back into the picture again, when they start moving their spring crops. Come summer, we'll be getting celery from New York and Michigan...and by fall, there will be shipments from New Jersey, Ohio, Colorado, Utah, Idaho and Oregon.

You may not realize that the refrigerated railroad car is responsible for our being able to get celery all year 'round. Most of the fall, winter and spring crops are moved under refrigeration...only the summer crop is shipped largely by truck.

### Choose celery carefully...

The marketing specialists of USDA recommend buying celery of medium length, thickness and solidity, with stalks that are firm and crisp. They warn you to watch out for pithy or stringy celery. Pithy stalks are those of open texture with air spaces in the central portion...it may be caused by freezing or may be due to a hereditary defect.

### HOME MADE SOAP

You may have had requests for a recipe for homemade soap, in these days when it's short in the stores. For that reason we're sending you the following instructions, from USDA's Bureau of Human Nutrition and Home Economics, to pass along to your listeners. When these directions are followed carefully, the soap obtained contains no free alkali, is not greasy, and is suitable for general household use.



#### Recipe...

To make about 9 pounds of soap...

6 pounds clean fat (about 13 cups)  
1/4 cup borax (optional)  
1 can lye (13 ounces)  
2-1/2 pints soft water

To make one bar of soap...

1 cup clean fat  
1 teaspoon borax (optional)  
5 teaspoons lye  
1/2 cup soft water

#### Procedure...

Weigh or measure the clarified fat, heat slowly until completely melted and cool to approximately 110 degrees F...(slightly higher than blood heat). If borax is desired, it should be added to the fat at this point. Stir the fat occasionally during cooling to prevent crystals from forming. Meanwhile dissolve the lye in the water and cool to about 85 degrees F...(lukewarm). Pour the lye solution into the fat in a thin, steady stream with slow, even stirring. Continue stirring until a thick honey-like texture is obtained. This should take from 10 to 20 minutes.

Important: Always add the lye solution slowly to the fat. Too rapid addition of the lye or too vigorous stirring may cause separation of the ingredients.

If the soap mixture does not become thick within half an hour and there is a greasy layer on top, perhaps it is too warm. In this case, set the container in cool water and keep stirring from the sides and bottom. On the other hand, if the mixture is lumpy, it may be too cold. Then set it in a pan of warm water and stir until the lumps disappear.

#### Finishing pointers...

Pour the thickened soap mixture into the prepared molds. Cover and keep warm for at least 24 hours. Remove the soap and cut it into bars. Before the soap is ready for use, the bars should be allowed to age for about two weeks in a dry place.



If the soap is crumbly or has streaks of grease, it may be reclaimed as follows: Cut the soap into fine pieces, add water (7 pints for the large recipe and 1 cup for the small) and dissolve over low heat. Stir occasionally. When the lumps have disappeared, increase the heat and boil until the soap appears thick. Pour into molds as above.

### Ingredients...

Here's some special information in regard to the ingredients used in soap-making which should be noted by those who are planning this activity.

**FAT...**Waste fats from cooking and fats rendered from tallow, meat trimmings and rinds, as well as vegetable oils may be used. The quality of soap obtained depends on the kind and condition of the fat. A combination of tallow and lard makes the best soap. Poultry fat and vegetable oils should be combined with other fats, as soap made from them alone is soft and spongy. Waste fat should be clarified.

To clarify waste fat, melt it slowly, strain it through two thicknesses of cheesecloth, add an equal volume of hot water, stir well and bring to a boil. Remove the mixture from the fire, and with constant stirring add one quart of cold water. Set aside to cool. When firm, the clean fat is ready to make into soap.

**BORAX...**The addition of borax is not necessary. It seems to improve the appearance and sudsing action of soap.

**LYE...**Lye is a satisfactory alkali for soap making. It can be obtained at grocery stores. Care should be taken in dissolving lye in water, as the fumes are irritating and heat is generated. Avoid contact of the dry lye or the lye solution with the skin or clothing. If this occurs, wash well with clear water and rinse with diluted vinegar. Lye attacks aluminum. Therefore, never use aluminum utensils in making soap.

**WATER...**Soft water (rain water) is best for making soap. If only hard water is available, let it stand 2 days with a small amount of lye (from 1 to 2 tablespoons to a gallon, depending on the hardness of the water) until the hardness settles.

### Equipment...

The following directions regarding the equipment required for soap making are also important to note.

Enamel, iron or earthenware containers must be used for dissolving the lye and for mixing the soap ingredients. Never use aluminum. Stir with a wooden paddle or with a wooden or enamel spoon. A dairy thermometer is convenient for measuring the temperatures.

Molds for the soap may be made from cardboard or wooden boxes or shallow enamel pans. The soap is more easily removed if the mold is lined with waxed paper or with cotton cloth dipped in cold water and wrung dry.

## MEAT SUPPLIES INCREASING



Meat supplies in the stores are increasing, says USDA' Production and Marketing Administration, with the beef picture particularly good. Chances are that the shopper will find a greater amount of beef graded "Good", because of the increased marketing of cattle which have been in feed lots since September and October. "Commercial" grade also is likely to be plentiful, but the scarcity of beef graded "Choice" will continue.

As for pork, supplies should be at the peak during December and January. Demand was so heavy early in the season that much was sold as fresh pork, so the quantity that was smoked is uncertain. It's believed there will be enough ham and bacon to meet the demand now, however...good news to those who are hoping for a whole or half-ham for New Year's Day.

### Meat saving suggestions...

As meat can take up a sizable amount of the family food allowance, it's well to remind your listeners of certain meat-saving ideas we all adopted during meat rationing, to make the meat go farther. For instance, tell them to cook meat the modern way...at moderate heat until done, and no longer. This keeps cooking losses low, and the meat is more juicy and tastes better.

It should be cooked according to the cut and fatness. Roast or broil a tender cut, in an uncovered pan with no water added. Give tougher meat long, slow cooking in a covered pan with water or steam, or grind and cook it the same as tender cuts.

### Combinations please...

Vary the seasonings, especially when using the same kind of meat often. Try a little onion, tomato, or green pepper...a dash of herbs or spice...to give a different taste.

Spread out the good meat flavor in more meals by mixing meat with bulky, mild-flavored foods. Cereals, bread, vegetables and sauces are good meat "extenders" For loaves and patties...well-seasoned raw meat can be mixed with bread crumbs, mashed potatoes, boiled rice, white sauce, cooked in corn meal, oatmeal, cracked or whole wheat.

### Budget balancers...

Use a mixture of ground cooked meat with boiled rice, mashed potatoes or white sauce to stuff vegetables, then bake them. Peppers, potatoes, eggplant, onions and tomatoes are all fine for this purpose.

Souffles, creamed meat, hash, scalloped meat, chop suey and salads...all offer ways of serving meat which will make a little go a long way.

You may not use these ideas during the Holiday season, but after New Year's, many of your listeners will probably appreciate suggestions which will help a bit toward balancing the budget.

## LEGENDS ABOUT CHRISTMAS GREENS



Legends about Christmas are always interesting, and there are a number concerning Christmas greens...holly, mistletoe and Christmas trees that you may like to use as program material during the few remaining days before Christmas.

### Mistletoe...

The significance of mistletoe is so definitely romantic that it may surprise some people to hear the Scandanavian legend about this plant. It is said that the son of the goddess of love was struck to the ground by a dart of mistletoe hurled by an evil spirit. The mother grieved so sorely that her tears turned into the white berries of the mistletoe...and the gods, in their compassion, restored the child. That's why the happy and grateful goddess grants a kiss to anyone who stands under the mistletoe.

There's another old tale, however, which limits the number of kisses to the number of berries on the bough...that's a matter which can be left entirely to the discretion of those concerned, of course.

### Use approved...

Incidentally, USDA's forest service says use of mistletoe for Christmas decoration is highly approved, because it's a parasite and the trees are better off without it. It steals the food from the trees it grows on, and in time can actually kill the tree. Mistletoe grows on oaks, cottonwoods and hackberries, especially in the South, and on some of the cone-bearing trees in the far West.

### Holly...

As for holly...that beautiful Christmas green is said to help keep away evil spirits. The reason for this belief doubtless goes back to old Teutonic days, when people hung greens in the house during the harsh winter to provide a protective home for the woodland spirits. And it's said that if the wife of the family brings the Christmas holly into the house first, she'll rule the roost for the whole year. It would appear to be a good idea for the man of the family to see that he's first home with the holly.

And it's well to remember that some states now have laws to protect holly against careless, destructive cutting, because it has become very scarce in many places.

### The yule log...

You doubtless know that the burning of the Yule log is an old, old Christmas custom in many lands. It was a special ceremony with the ancient druids...held at the end of the year, after the shortest days of winter had passed. By order of the priests, a firebrand from the Yule log was saved to rekindle next year's log, so that it was kept ever burning.

With the log was supposed to burn hatred and misunderstanding...so it isn't hard to understand the spirit of good fellowship that traditionally accompanies the burning of the Yule log.





COLORADO: Denver.....cauliflower, celery, grapefruit, lettuce, onions,  
Irish potatoes, small oranges, squash, sweet  
potatoes, turnips

KANSAS: Manhattan.....apples, oranges, grapefruit, lettuce, Irish  
potatoes, cabbage, tomatoes

MISSOURI: Kansas City.....turnips, squash, parsnips, homegrown sweet  
potatoes, leaf lettuce, shipped-in onions,  
cabbage, rutabagas, cooking apples, grapefruit

LOUISIANA: Baton Rouge.....oranges, apples, celery, Irish potatoes, onions,  
lettuce, cabbage, grapefruit, cauliflower

New Orleans.....onions, oranges, cauliflower

NEW MEXICO: Alamogordo.....cabbage, radishes, peppers, Irish potatoes, onions

Albuquerque  
& Las Cruces....Irish potatoes, onions, cabbage, lettuce, celery,  
bell peppers, carrots, oranges, grapefruit

Gallup.....grapefruit, bananas, Irish potatoes, onions

OKLAHOMA: Ardmore.....oranges, grapefruit, apples, cauliflower, egg-  
plant, Irish potatoes, onions, celery, cabbage

Enid.....grapefruit, apples, tomatoes, lettuce, cranberrie  
Irish potatoes, celery, carrots, oranges

Oklahoma City...apples, beans, cabbage, grapefruit, lettuce,  
onions, Irish and sweetpotatoes, tomatoes

Tulsa.....apples, oranges, carrots, Irish and sweetpotatoes

TEXAS: Austin.....Irish potatoes, onions, Texas citrus fruit,  
apples, celery, homegrown cauliflower and  
tomatoes, bell peppers, carrots, cabbage,  
rutabagas

Dallas.....oranges, grapefruit, apples, cabbage, celery,  
lettuce, collard greens, Irish potatoes, carrots

Fort Worth.....grapefruit, onions, sweetpotatoes, small oranges,  
sacked carrots, bulk apples

Houston.....Irish and sweetpotatoes, cabbage, carrots, onions,  
apples, Texas citrus fruit

#### CRANBERRY CUE

Supply of cranberries for the Christmas holidays is unusually good this year, say USDA's marketing specialists. Some of these delicious berries are found in retail channels already packed in cellophane, some are loose. Price is low enough to put them on the "best buy" list at several key southwest markets and to make cranberry relish or sauce a "must" on the Christmas menu this year.

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Southwest Edition

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No. 52



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs



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## AMERICAN SMORGASBORD

Here's an idea for a holiday buffet meal...perhaps that New Year's Eve or New Year's Day supper. Serve it a la Swedish Smorgasbord, which, as you know, is a help-yourself meal. A number of the relishes and other foods can be prepared in advance, and the hot foods served in a casserole, so it really isn't any more work for the hostess than the conventional type of service, and the guests will find it interesting.

Incidentally, there are several foods on the plentiful food list for January which offer the basis for dishes to include in the smorgasbord supper ...turkey, potatoes, onions, apples, oranges, grapefruit, fish, almonds and filberts, for example.

### Smorgasbord etiquette...

Did you know that in Sweden there's a definite etiquette about the Smorgasbord meal...and also that the name Smorgasbord is a compound of the words butter, cheese and bread? It really isn't polite to heap the plate high on the first trip to the table, taking a great variety of foods at one time. It's good Swedish manners to make several rounds of the Smorgasbord table, but the foods should be chosen in the same succession as the courses at a formal dinner.

According to our Swedish authority, the first course should consist of the traditional bread, butter and a choice of various cheeses. The second, or fish course, usually includes herrings in various styles, sardines, fish salads, etc. Third comes the meat course, usually cold meats and sausages. The last course provides chafing dish foods, often scrambled eggs and/or little meat balls.

### American adaptation...

Our American Smorgasbord can be simpler and less varied, of course, depending on the budget, and also on the number of people to be served, and the number of courses you decide on. It shouldn't be difficult to serve two or three kinds of bread, butter or margarine, and several varieties of cheese for the first course. For the second course, there are sardines or herrings, and a tuna or salmon salad...or perhaps a fish salad made from cold flaked fish prepared at home.

Number three, the meat course, could include sliced turkey or chicken, baked ham, or any other left-over meat...and also small sausages or frankfurters. And for the fourth course, the Swedish pattern of meat balls and scrambled eggs is a good one to follow...or the family's favorite casserole dish. That may be scalloped meat and vegetables, a meat pie, macaroni and cheese ...there's a wide choice.

### For the New Year...

Hot or cold potato salad could fit into this picture very well...also homeade relishes, such as pickled peaches, watermelon pickle...whatever the preserve closet affords. A big bowl of celery and carrot sticks will add a pleasant crunchy note to this meal, and a flavor contrast everybody will like. And you'll probably want to wind up with a fifth course...dessert. This can be a simple fruit and nut bowl, or something more elaborate.

American Smorgasbord is a fine way of saying Happy New Year to your friends ...as we're saying to you right here and now.

### A QUESTION OF COLOR

You may hear comment occasionally on the legend "color added" which often is stamped on the skins of oranges. Some shoppers are under the impression that these oranges are inferior in quality...perhaps not as ripe, or not as good in flavor. There really shouldn't be any stigma attached to this phrase, however, because the color adding process is entirely legal, and is done under definite restrictions. Now, while the citrus season is at its height, you'll be doing your listeners a favor by reassuring them on this score.

### Maturity laws assure ripeness...

You see, the color of oranges depends on several factors...the variety, the season of the year, and the area of production. The Florida and Texas oranges in particular often have areas of green, especially at the stem end. This is true of tangerines too...but the color has nothing to do with the degree of ripeness. As a matter of fact, all citrus-producing states have maturity laws, which growers are required to observe.

To be technical about it, the ripeness of citrus fruit is determined by a test which indicates the ratio of acids to solids. After passing this test, the ripe fruit which is not an attractive orange color is treated with ethylene gas. This treatment takes out the green color and brings forth the natural yellow or orange shade we all like to see.

It's interesting to know also that oranges are waxed and polished...and not, as you may think, for the purpose of beautifying them. The waxing helps to retard shrinkage and prevent decay.

### Shopping tips...

Don't buy citrus fruits by appearance alone, because you can judge them better by holding them in your hand. Heavy citrus fruits are juicier than the light-weights. Next, look for a firm, smooth skin of fine texture...and don't worry if there are a few surface blemishes and slight discolorations. It's well to avoid fruit with badly creased skin, or that of a puffy spongy appearance, which is light in weight. These tips apply to tangerines as well as to oranges and grapefruit, of course.



Crops of citrus fruit ... except lemons... are breaking the record this year. Oranges and grapefruit lead, and here are the figures: total U. S. orange production is expected to be over 120 million boxes, 20 percent larger than last year. The grapefruit crop was estimated on December 1st at a record total of more than 67 million boxes, 6 percent more than last year. That's assurance of enough for everybody...and sufficient reason for you to suggest them frequently for everybody in the family, any meal in the day.

#### SCHOOL LUNCH REVIEW

As the school term nears the mid-year mark, a bit of summarizing can be done on the national school lunch program.

##### More schools participating...

Preliminary reports to the U. S. Department of Agriculture from State sponsors reveal that more children are being benefited and more schools are participating than during the same months last year. Furthermore, a larger number of schools are now serving complete...or Type A...lunches, which provide from a third to a half of the daily food needs.

As you know, this is the first year that Federal funds have been provided for kitchen equipment...10 million dollars of the 75 million voted by Congress for the school lunch program. This has meant that some schools which in the past served only milk, sandwiches and one hot dish, because of limited kitchen facilities, could expand their operations and prepare more balanced meals. Also a number of schools with insufficient local funds for equipment could take part in the program, after receiving some Federal aid.

##### Better nutrition...

In addition to cash assistance for equipment and food, the Department of Agriculture has purchased certain foods and distributed them to State or local agencies for use by schools. The National School Lunch Act authorizes the Department to use a part of the funds appropriated each year by Congress for direct purchase and distribution of commodities in accordance with local needs of the schools. Under this method of distribution, the Department achieves the dual objective of expanding domestic markets and aiding in the national nutritional program.

So far this term, the Department has purchased tomato juice, concentrated orange juice and peach jam for distribution in all States. Non-fat dried milk solids have been distributed in milk deficit areas. Some processed vegetables originally purchased by the Army and held in Government inventories have been distributed in areas where the stocks were held. Chocolate milk powder has been purchased for lunch programs in Puerto Rico and the Virgin Islands.

### Another help...

The national act also provides that a certain amount of surplus foods purchased by the Department under the price support program may be distributed to schools that desire the commodities. In the past months, potatoes, onions, cabbage, spinach, carrots, lettuce and beets have been thus distributed.

It should be made clear that no part of the school lunch appropriation was spent for these surplus foods. The funds for the price support program were voted by Congress to protect the farmer during the war and the reconversion period. Neither does the Department make deliveries of these foods directly to schools. The food is shipped in carlots to State sponsors or local superintendents of schools, who make the division.

### CABBAGE COMES TO MARKET

Cabbage in one form or another is the perfect complement for almost any wintertime meal...so it's good news that there's plenty to be had. The marketing specialists of USDA tell us the crop this year will be about 338,000 tons. During January there will be large shipments of new cabbage from California, Texas and Florida, and some from Arizona. And, of course, there will be lots of cabbage in the northern markets from the fall crop, now in storage.

Incidentally, it's well to remember that this new cabbage offers a better supply of vitamin C, since some of this important vitamin is lost from cabbage while it's in storage. You may have to pay a bit more for it, however.

### Cabbage slaw...

Here's a fine way of fixing this new cabbage, with a sour-cream dressing that requires no added fat. Cut the cabbage in quarters; wash thoroughly in cold water. Drain, shred and set aside in a cold place until crisp. Stir in dressing until well mixed. The dressing takes  $\frac{1}{2}$  cup of sour cream, whipped. Gradually stir into it the following mixture: 1 tablespoon sugar,  $\frac{1}{4}$  teaspoon salt, a little pepper, 1 tablespoon lemon juice, and 2 tablespoons vinegar.

### Cabbage and carrot salad...

Use equal parts shredded cabbage and chopped or grated raw carrots. Mix with salad dressing until well blended. Add ground peanuts, if desired, and serve on lettuce.

### Cabbage and onion salad...

Shred cabbage and cut onions into thin rings. Season with salt, celery salt, pepper and paprika. Mix with salad dressing and serve on a cabbage leaf.

### Boiled cabbage...

For some meals, you may prefer your cabbage hot, and boiled cabbage is a simple method of preparation. It's good plain, or with white sauce, or with a tangy cheese sauce. Be sure you cook the quartered cabbage in just enough briskly boiling water, slightly salted, to keep it from sticking to the pan. Cover the saucepan and cook until just tender, about 10 to 15 minutes.

### Panned cabbage...

This is another grand way of serving cabbage hot. Cut it in small pieces... (but do not shred it)...and allow about 2 tablespoons of fat for each quart of prepared cabbage. Melt the fat in a heavy flat pan, add cabbage, and cover it, to hold in the steam. Cook slowly until tender but not mushy, stirring now and then. When ready...after 5 to 15 minutes...add salt, pepper, cream, meat drippings, or other seasoning. You can vary the flavor of panned cabbage by adding a little chopped onion, or left-over bits of meat, when the cabbage is almost tender.

### Cook cabbage quickly...

That's a good general rule to remember. The food specialists of USDA'S Bureau of Human Nutrition and Home Economics tell us that air, water and heat can rob cabbage of that important vitamin C. The less it's cooked, or exposed to the air after it's been cut, the more vitamin C is retained. Cabbage at a meal also adds to the day's supply of B vitamins...thiamine, riboflavin and niacin...also provides calcium for the mineral score. And furthermore, the greener leaves of cabbage offer some vitamin A. Whether you serve it hot or cold, cabbage brings nourishment and interest to the family's meals.

## THE SAUERKRAUT SITUATION

This is the time of year when sauerkraut is a welcome addition to the menu in most families...with spareribs, or frankfurters...or maybe with pork hocks or boiled ham. As we told you last week, we're right in the middle of the peak season of pork production. And according to the marketing specialists of USDA, we should find plenty of sauerkraut this winter.

### More in cans...

New York State has so much stored cabbage that kraut factories are continuing to turn it out...in barrels, cans and jars, to go to the delicatessen, the neighborhood butcher, and the corner grocer. The so-called "bulk" kraut in barrels appeared in large quantities during the war, when tin was very short, and now the barrelled kraut sells mostly to butcher shops and delicatessens. Now that there's more tin, however, kraut manufacturers are canning more of the pack. The cans and glass jars are more often found on grocery shelves.



Savory sauerkraut...

You may like to suggest to your listeners something a bit different from plain sauerkraut. It's called Savory Sauerkraut, and is made very simply. You need about 4 tablespoons of fat to one quart of sauerkraut, plus a quarter teaspoon of celery seed or caraway seed. Just heat the fat in a skillet, add the sauerkraut and the seasoning, mixing well. Cover and cook for five minutes and serve hot.

**BEST FRESH FOOD BUYS**

Carrots and grapefruit get top billing on the best buy list this week in key southwest markets covered by USDA's Production and Marketing Administration. Oranges, onions and potatoes are popular runner-ups and several large market centers report abundant supplies of sweetpotatoes, apples, lettuce and celery. Other relatively abundant foods are turnips and cabbage.

"Best buys" at key markets...

COLORADO:	<u>Denver</u> .....	carrots, celery, cauliflower, onions, potatoes, spinach, lettuce, grapefruit, small oranges
LOUISIANA:	<u>Baton Rouge</u> .....	Irish potatoes, celery, turnips, carrots, oranges, apples, grapefruit, cranberries
NEW MEXICO:	<u>Albuquerque</u> .....	Irish potatoes, sweetpotatoes, onions, carrots, celery, oranges, grapefruit, apples
	<u>Las Cruces</u> .....	Irish potatoes, sweetpotatoes, onions, carrots, celery, turnips, beets, lettuce, cabbage, oranges, grapefruit, apples
	<u>Gallup</u> .....	Irish potatoes, sweetpotatoes, carrots, grapefruit
MISSOURI:	<u>Kansas City</u> .....	homegrown turnips, greens, onions, lettuce, carrots, oranges, grapefruit
TEXAS:	<u>Austin</u> .....	Irish potatoes, onions, carrots, celery, lettuce, cauliflower, spinach, cranberries, Texas oranges and grapefruit, apples
	<u>Fort Worth</u> .....	onions, carrots, cabbage, grapefruit, oranges, sweetpotatoes
	<u>Dallas</u> .....	cauliflower, carrots, potatoes, lettuce, onions, sweetpotatoes, oranges, grapefruit, apples, pears

## FISH FACTS

We think the latest run-down on the fish situation in the Gulf states, some of which are in Production and Marketing Administration's Southwest area, will be of interest to your listeners. Source of the information is Fish and Wildlife Service, United States Department of Interior.

Prices nearly always are important, so it might be well to say at this point that prices right now are lower than they've been for sometime. Four varieties constitute the bulk of production in Texas and Louisiana...red snapper, spotted (speckled) sea trout, drum (black drum) and redfish (red drum) and they're available in fair quantities.

Several other varieties which are landed in smaller quantities are equally as good as the four kinds just mentioned.

Red snapper, coming from the deep water of the Gulf of Mexico, is caught by hooks and lines and ranges in size from two to 15 pounds, and larger. Redfish (red drum) is caught in coastal waters with gill nets, hooks, lines and seines and ranges from two to 25 pounds in weight. Drum (black drum) sizes are just about the same as redfish and are caught by the same type gear and in the same type waters. The spotted (speckled) sea trout is a delicately flavored variety caught in the shallow coastal waters, mainly by gill nets, seines, trammel nets, hooks and lines. Market sizes range from one to six pounds.

For the most part, the larger sizes of red snapper, redfish and drum sell at retail markets in the form of steaks and fillets.

